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# Calgary metro

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## DUCK OUT OF CLASS

Students release their feathered pals

metroNEWS

## Transit union predicts cuts

LABOUR

### Workers want efficiency report thrown out

  
**Helen Pike**  
Metro | Calgary

While one hand of the City of Calgary is busy looking for efficiency in Calgary Transit's operations, the union translates it another way: cuts.

On Monday, councillors are set to hear the results of Calgary Transit's Zero Based Review, and how it will save the city \$5.3 million.

But the Amalgamated Transit Union 583 is hoping to have the report tabled or thrown out completely.

Two recommendations, one that administration and the committee accepted, included "outsourcing" janitorial and outdoor maintenance jobs to private contractors. This, if accepted, would save Calgary Transit \$2.7 million.

In a letter posted on the 583 website, president Rick Ratcliff urged union members to show up for Monday's

meeting where the fate of these positions will be discussed.

"We need the councillors to see the faces of the members that were told through the media they would be facing the loss of their jobs," read Ratcliff's letter. "The best case scenario on June 20th is council defeats the report. This is highly unlikely but it could be tabled, referred, etc."

Since the report was heard before committee last week, members of the ATU have been working to reach out to councillors, and even scored a meeting with Mayor Naheed Nenshi.

Coun. Ward Sutherland said ZBR reviews are independent and don't have "any skin in the game."

"Their comeback was private companies won't care, they won't do the same quality job — that's their entire comeback," said Sutherland. "I'm from the business world — we contract out all the time. What they were basically saying when I asked them is if you don't have a union badge on, you won't have pride and don't care — that's not a valid comeback."

Sutherland said there are 80 jobs on the line and administration also approved the recommendation.

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# Man slain in stabbing

**CRIME**

## Two more people injured in daytime attack in mall

**Jeremy Simes**  
For Metro | Calgary

The owner of a Calgary medical centre was slain during a daylight knife attack on Thursday in what police describe as a domestic alteration.

Shortly after 2:40 p.m., police, EMS and fire crews were called to the Perpetual Wellness Chinese Medicine Centre, located inside a mall at 1623 Centre Street North, finding one man dead and another two people with non-life threatening injuries.

One woman, who police said had been in a relationship with the clinic owner, was driven to hospital and the second person, who is the suspect, was treated on scene before being taken into custody.

Maggie Law, who runs a spa a few doors down from the wellness centre, said she heard nearby restaurant owners yelling, "Bring more towels, bring more towels, bring more towels!"

She said she then saw what

appeared to be two men lying on the floor.

"It was really messy and there were some towels and then the police came."

Emma Wong said police arrived with guns, blocking the stairwell and telling people to not leave the mall.

"It was scary," she said. "The bakery across the way shut their gates because they didn't know what was going to happen."

The suspect had stayed behind after the slaying, police said, adding he was calm and co-operative when officers took him into custody.

Police said the assailant also had minor injuries, adding witnesses pointed him out when officers arrived.

Though police did not identify the medical centre owner, mall shopkeepers said his name was Dr. Tiejun Huang, which was also written on the exterior of the clinic.

Wong said the clinic owner was relatively new to the mall.

"It is very sad," she said. "We have had brushes with the law in the mall in the past, but nothing this extent. But let's hope this is an isolated incident."

Police said officers believe the incident was targeted, but can't speculate on the motive.

An autopsy for the clinic owner is scheduled for tomorrow, and police won't identify him until family is notified.

**It is very sad ...  
let's hope this is an  
isolated incident.**

Emma Wong



A Calgary police officer stands outside the Perpetual Wellness Chinese Medical Centre, located at 1623 Centre Street North. JEREMY SIMES/FOR METRO

## WOMEN Shelter demand still steady

**Alex Boyd**  
Metro | Edmonton

Demand for beds in women's shelters remains high in Alberta—with almost 11,000 women and children admitted to shelters in the last year—according to new numbers from the Alberta Council of Women's Shelters released Thursday.

An additional 16,000 women and children were turned away because of lack of resources.

"For us it really demonstrates that boom or bust or in between women face lots of economic barriers and it's really challenging," said executive director Jan Reimer.

She adds its too early to see the impact of the \$15 million in new provincial funding announced in September last year, but is optimistic that will allow shelters to expand services in the coming year.

The federal government also allotted almost \$90 million in the last budget for shelters, but Reimer said its not yet know how that will be divided across the country.

While the average length of stay has dropped in rural areas, it remains steady in urban centers at about 20 days.

Elsbeth Mehrer, vice president of engagement and people with the Calgary YWCA said the numbers match up with what they're seeing in Calgary at the Sheriff King Home. She said women who make it into the shelter stay on average four weeks, and often have trouble finding accommodations. WITH FILES FROM BRODIE THOMAS

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FREEWAY STUDY

## Imagine a free-flow Deerfoot

**Helen Pike**  
Metro | Calgary

The city and province are dreaming of a free-flowing freeway through the city. If that idea seems foreign to you, that's because Deerfoot is all we have right now and it's over capacity.

But there's a study for that, and Deerfoot Trail could see some improvements with that ideal in mind, according to Jeffrey Xu, Senior Transportation Engineer and project manager for the trail study.

"Now it's jammed, we know it's totally jammed during peak hours," said Xu. "People cannot travel as free flowing...the worst situation is in the on and off ramps... sometimes people can easily spend 30 minutes on the on and off-ramps (at Memorial Drive) because they're totally jammed."

He said if done correctly, people wouldn't get stuck merging onto Deerfoot, and drive at the marked speed limit of 100 km/h while having enough space to switch lanes.

The 37.5 kilometre trip from Stoney Trail interchanges north to south would take about 23 minutes.

"The posted speed should be the travelling speed for most people, that's what it's designed for," said Xu.

The city has begun hosting open houses, with the next session happening June 20.

For more information visit: [Calgary.ca/deerfoot](http://Calgary.ca/deerfoot).

Online, surveys are open and so far there have been 2,000 submissions from the public on the project.

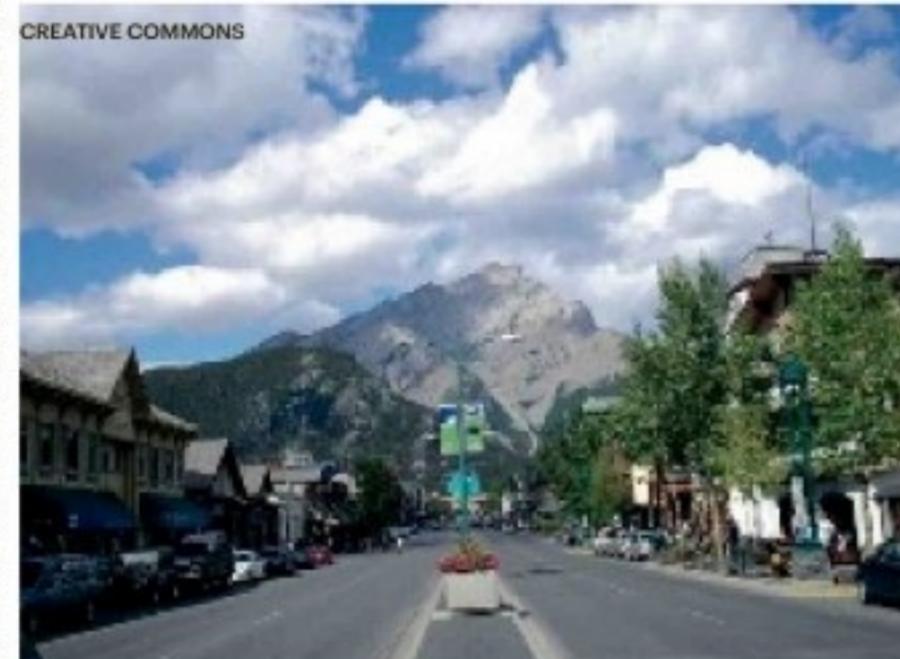


## BETTER WAYS TO SPEND YOUR TIME WHEN NOT STUCK IN DEERFOOT TRAIL'S CONGESTION

According to the City of Calgary, we spend 80 hours on average in congestion each year. So, to give you a better idea about how that looks, we've curated some examples:

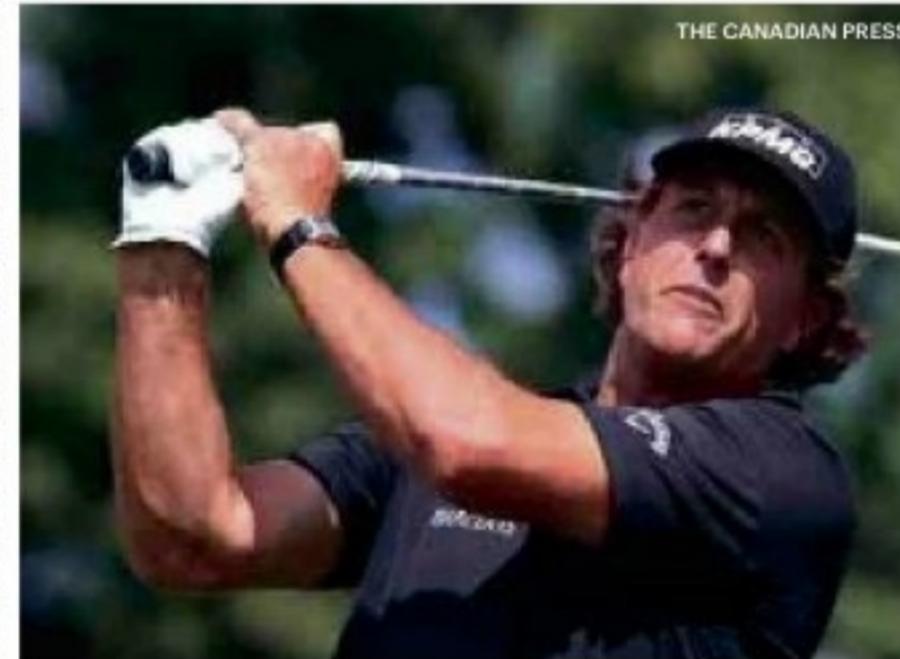
HELEN PIKE/METRO

CREATIVE COMMONS



### 1 Trip to Banff: 1 hour 30 minutes

If you love the mountains, and congestion weren't an issue, you would be able to get to Banff and back 26 times — and that's not including the time you would actually spend there.



### 2 Golfing: 4 hours

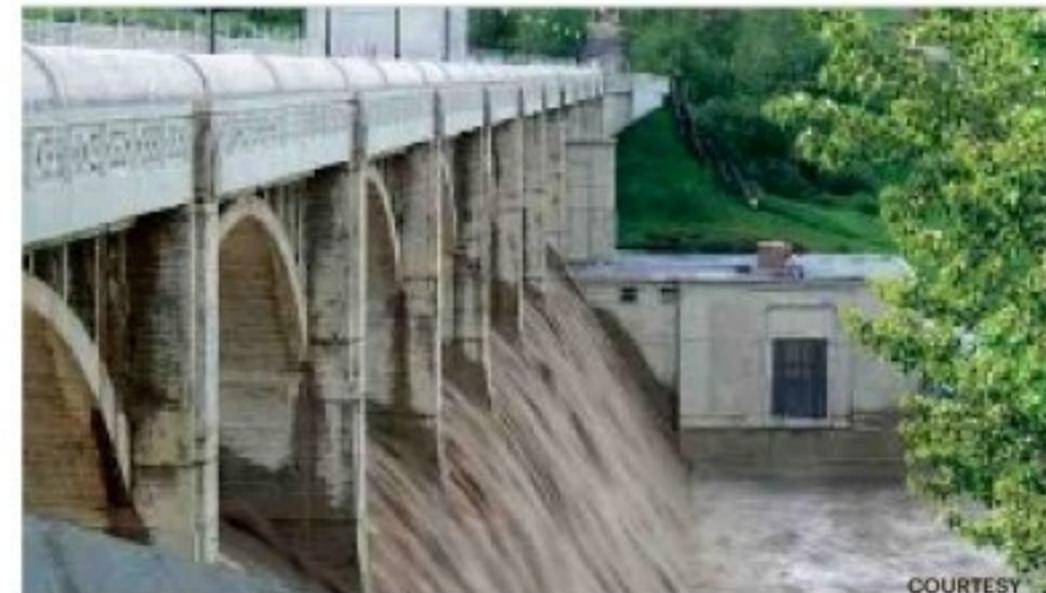
If you can avoid sitting in traffic long enough this year you may be able to book 20 more tee times — if you can swing all those greens this summer.

### 3 Flames game: 2 hours 30 minutes

In a perfect world without the long lineups and traffic in and out of the stadium, you'd have time for 32 Flames games. Now, we're not going to calculate how much beer you can chug in that time, but you get the gist.



METRO FILE



### 4 Biking Glenmore Reservoir: 1 hour

This picturesque ride could be yours 80 times if you weren't sitting in traffic instead. The 16-kilometre loop is definitely an upgrade from sitting idle in your vehicle.

METRO FILE

### 5 Elbow and Bow river rafting: 3 hours

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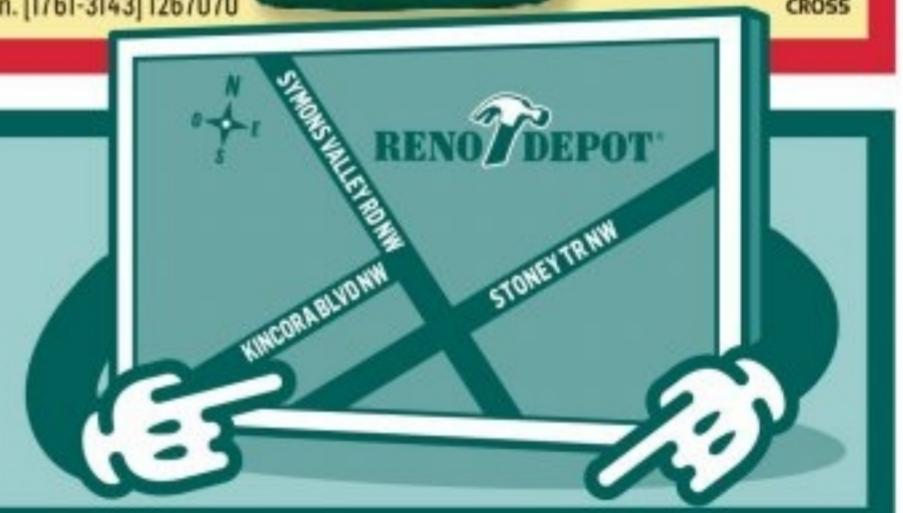
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COURT

## Three found guilty in swarming death

A jury convicted three men and acquitted another Thursday in the swarming death of a teen outside a Calgary nightclub three years ago.

Lukas Strasser-Hird, 18, was beaten, kicked and stabbed by a group of individuals outside Vinyl nightclub on Nov. 23, 2013. He died several hours later in hospital.

After six weeks of testimony, the jury took just over three days to find Franz Emir Cab-

rera and Assmar Ryiad Shlah guilty of second-degree murder — convictions that come with an automatic life sentence with no chance of parole for between 10 to 25 years.

Shlah buried his head in his hands and appeared to be crying after the verdict was read.

Joch Pouk was found guilty of manslaughter, while Jordan Lee Liao was found not guilty of second-degree murder.

A fifth man, Nathan Gervais,

is charged with first-degree murder, but remains at large.

"We're pretty satisfied, especially with Assmar. We knew he was the instigator," Dale Hird, the victim's father, said outside court. "I was going to start clapping in there but I knew it wouldn't go over very well," he added.

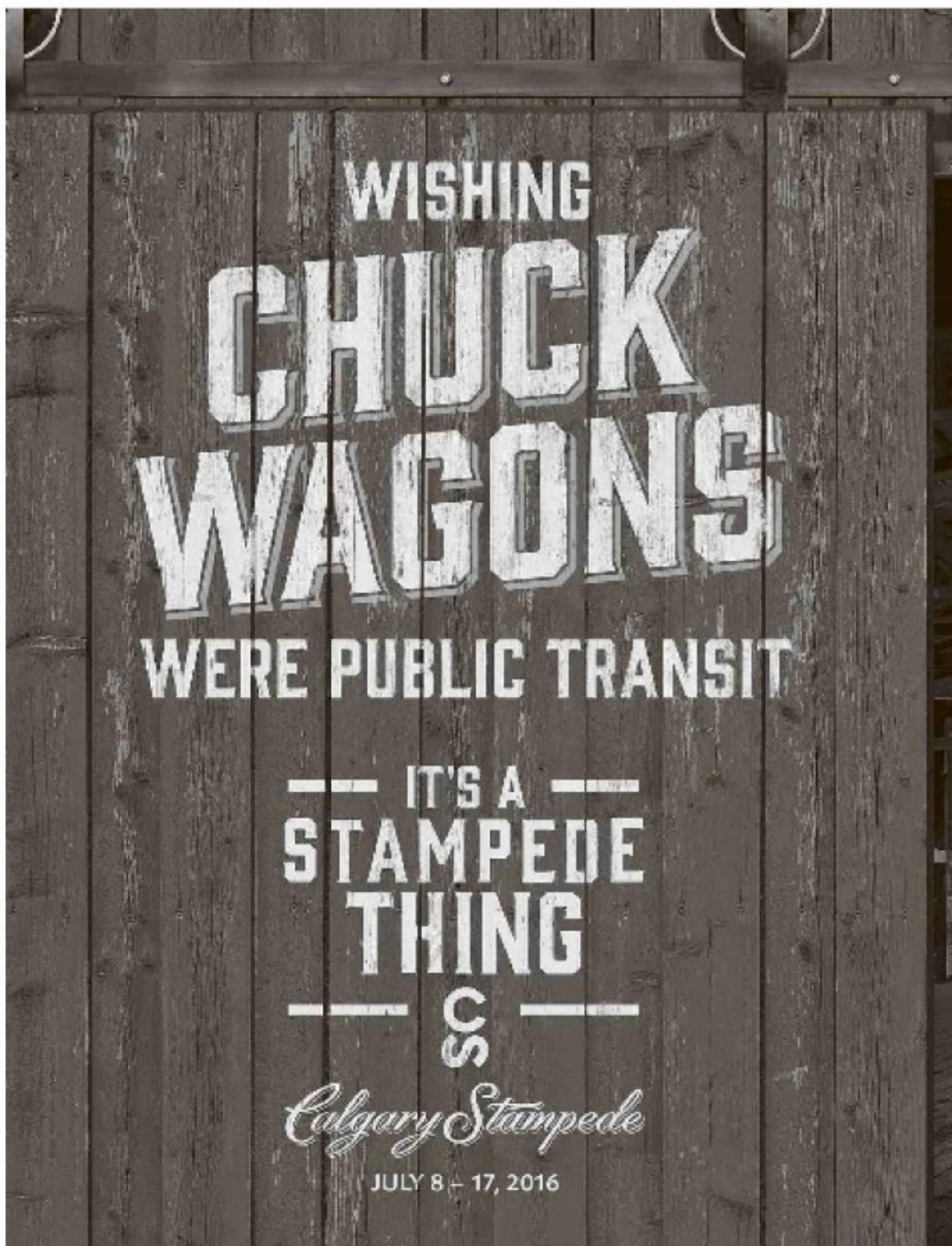
Crown prosecutor Ken McCaffrey told reporters he and the police were pleased with the outcome. But Balfour Der,

who represented Shlah, was astounded at the verdict.

"How this jury could convict Assmar Shlah on the evidence that was used?" Der said. "I have no clue how these people could actually come to this verdict. He's devastated. The boy's sitting there crying and says 'I never touched the guy. How am I guilty of murder?'"

A date for sentencing is expected to be set Aug. 5.

THE CANADIAN PRESS



Shelley Dunn said CPS encourages any other victims of sexual assault to contact them. LUCIE EDWARDSON / METRO

## Ex-officer faces charges in sex assault

CRIME

**Two massage therapists charged since December**

 **Lucie Edwardson**  
Metro | Calgary

Another Calgary massage therapist is facing sexual assault charges following an incident with a co-worker in March.

According to CPS Det. Shelley Dunn, on March 4 a woman employed by a massage therapy clinic asked a co-worker for a therapeutic massage. During the massage, the woman was allegedly sexually assaulted by the male massage therapist.

"After speaking with a friend about the incident on a later date, the victim contacted police," said Dunn.

On June 10, CPS arrested a man who has now been charged in connection with the offence.

Vladimir Siloci, 36, a registered massage therapist in Calgary, has been charged with

sexual assault. His next court appearance is scheduled for July 11.

According to Dunn, Siloci worked out of a number of massage clinics throughout northwest Calgary and operated his own massage therapy business.

Dunn confirmed to reporters that Siloci was also a former CPS officer who served on the force from April 2012 until February 2016.

An online search shows Siloci's company as VS Wellness and says he also works for The Natural Art of Skin Care Inc. as a massage therapist.

Metro reached out to Siloci and he referred us to his lawyer, who has not yet returned our request for comment.

In December 2015, Calgary massage therapist Brad McLellan was arrested and charged with sexual assault. In January, three additional victims came forward with allegations against him. His case is now before the courts.

CPS encourages all victims of sexual assault, or any crime, to report to the police.

Calgarians can call the non-emergency line at 403-266-1234, or Crime Stoppers anonymously.

 **After speaking with a friend about the incident ... the victim contacted police.**

Det. Shelley Dunn



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# Waste plan nothing to sniff at

**GREEN BINS**

**New program will compost more than kitchen scraps**

**Brodie Thomas**  
Metro | Calgary

The city's green bin program — which is now set to roll out in 2017 — has its share of critics.

Coun. Peter Demong has heard a lot of the complaints, but he thinks there's one important part of the story that's been overlooked until now.

"This isn't just about your yard and kitchen waste for composting — there's another half to this whole story and it has to do with biosolids," said Demong.

Biosolids are left over after the city treats its wastewater. So everything that goes down a drain or toilet. Yes — everything.

The city treats and then stores biosolids in lagoons. Since the 1980s, the city has



The Shepard Lagoons are where treated biosolids from Calgary's wastewater treatment plants end up. COURTESY CITY OF CALGARY

had a program called Calgro, which trucks treated biosolids to farms that use them for fertilizer.

Calgro can get rid of 13,500 tonnes of dry biosolids each year, but with a growing city,

supply has been outweighing demand. The poo has been piling up, so to speak.

"We could hypothetically build more poo pits, to the tune of \$3 to \$5 million per pit, and they'd fill up every

two years from what I'm told," said Demong.

However the new compost facility gives the city a better option. Biosolids will be dewatered in a centrifuge and composted along with green

bin waste.

Kevin Colbran, manager of wastewater treatment with the city, said the city's biosolids will complement the compost facility nicely through the seasons.

**We could hypothetically build more poo pits.**  
Coun. Peter Demong

In the summer, the compost facility will be at peak capacity accepting yard waste, while the Calgro operation is in full swing sending biosolids to farms.

In the winter months, 10,000 tonnes of biosolids being sent to compost will make up for the loss of summer yard waste, and allow the composting facility to have a steady output all year long.

For Demong, the green bin program is a no-brainer since it will reduce the need to find new space for landfills and lagoons and ultimately save money.

"When you take the bio-solid issue that we're having because we're a growing city — we've got to do something and this is the logical thing to do," he said.

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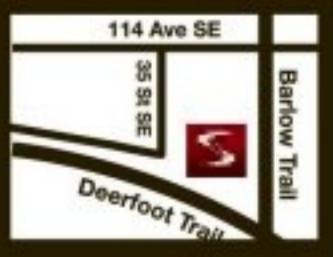
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# USED CARS TO BE SOLD FOR \$1

Carl Holst, Sales Manager of Stampede Toyota, just announced plans to hold a One dollar used car and truck sales event Taking Place, Today, Saturday June 18, 2016. According to Mr. Holst record sales from the last few months have resulted in an overstock of trade-ins. "In the last three months our sales have increased at a tremendous rate", Holst said. "Now, we must reduce the number of cars and trucks on our used lot to a more manageable number. During this \$1 sale every used car and truck will be sold for hundreds or thousands below its original price." Mr. Holst said.

"In fact, cars that normally sell for five to eight thousand dollars will be sold for three to five thousand," Mr. Holst said. "Our customers will find these prices even lower than at wholesale auctions." Auction bidding often inflates the true value of a car so you pay more. Here every car is on sale, first come first served and no bidding. It's the perfect opportunity

to get a good quality used car at the lowest price possible, including cars for only One dollar. All cars will be on display at Stampede Toyota on Barlow Trail, 2 blocks North of the Trans Canada Highway. At 7:30 am all vehicles will be opened so that buyers may inspect the vehicles for one hour before the sale begins

**One of Calgary's largest Toyota certified used vehicle dealers is overstocked and is forced to sell used cars and trucks for as low as \$1, Saturday June 18, 2016 during a one-day sale event.**

at 8:30 am when the prices are posted on the windshield you will be given the first opportunity to purchase the vehicle at the sale price. This innovative approach to selling used vehicles will make it easy and quick for anybody in the market for a good used vehicle to get a great car or truck at a very low price with no hassle.

"Wholesale buyers will be represented to take trade-ins during the sale," Mr. Holst said. "We also have three business managers who will help buyers arrange low-cost financing. We've got over \$10 Million Dollars in inventory to choose from. Our total inventory will be close to 600 new and used cars and trucks.

We want to remind everyone that this is a **one-day sale only**. When our inventory has been reduced, we will remove the sale prices and return to normal operations. Since we are a local business we would like to give back to the community," Mr. Holst said. "We would rather allow local people to buy these overstocked vehicles than wholesale them at an auction."

All cars will be reduced every hour and there will be 8 cars that will be reduced every hour until they get to \$1. These special \$1 sale cars are in a separate section at the front of the dealership. Due to the volume of sales during this event, please no telephone inquiries.



Julie and Jeff Buchan say they spent \$560 reclaiming their stolen truck. CONTRIBUTED

## Truck mess tests couple's patience

POLICING

### Stolen vehicle recovered, but ordeal was only getting started

 **Lucie Edwardson**  
Metro | Calgary

A Calgary couple is frustrated after they said they had to jump through hoops to retrieve their stolen truck.

Julie Buchan said her husband's truck was swiped in the early hours of June 9, and after reporting the theft to police she was impressed that they were able to locate it just the next day. But, Buchan said actually getting the vehicle back turned out to be harder than expected.

"It was very frustrating," she said.

Buchan said the impound lot wouldn't let her or her husband claim their vehicle without ID — which had also been

stolen, so they called police to see if they could help.

A police officer met them at the lot, and after identifying her husband let him briefly look through the truck — but still wouldn't let them take it from the lot without photo ID.

The couple was issued new paper interim licences Saturday and returned to the impound lot to pick up their truck.

"With the paper licence she allowed him to go back to the vehicle to look through for his ID, but they wouldn't let him take it because it wasn't photo ID," said Buchan.

Luckily, while searching through the vehicle they found Buchan's ID and claimed the vehicle from the lot.

"It ended up costing us \$200 to remove the vehicle from the lot, plus \$40 for each day it was there," she said. "I just think there should be a different process for victims of theft."

Buchan said there was also property that didn't belong to them in the truck.

"We told police there was a drug kit with needles and stuff

### + MAKING SURE

Julie Buchan said their story is also a cautionary tale for others, as they hadn't purchased theft insurance on the vehicle, ultimately leaving them with a nearly \$600 tow and impound charge.

that didn't belong to us," she said. "He told us to throw it out."

Buchan said this surprised her as she felt the contents were dangerous and contained other people's stolen property.

A spokesperson for CPS said it isn't policy for them to clean out stolen vehicles as they have no way of knowing what belongs to the owners. They also said when the vehicle was found one person was arrested for the crime.

Buchan said the constable on their case has since called to say they will pick up the items.

"Why wouldn't they want that stuff?" she said. "I just thought they would want to see what was there at least."

PROVINCIAL SUPPORT

## Boost for accessible housing

The Alberta government has kicked in \$4 million for permanent supportive housing for Calgarians with disabilities.

This summer, construction is set to begin on a 45-unit building of "barrier-free" accessible housing on the site of Accessible Housing's Fourth Dimension Group Home.

"Every Albertan deserves to live with dignity and opportunities to thrive at home and in their communities," said Irfan Sabir, Minister of Human Services, in a prepared statement.

"Our government's housing investment ensures that Albertans with disabilities have a safe and supportive place to call home."

 **This expands capacity to serve individuals in an appropriate and flexible setting.**

David McElhanney

The government funding is supplementing a \$9.3-million contribution from the RESOLVE campaign. The group of nine agencies is a Calgary-made collaboration to raise funds for affordable, supported rental housing for homeless and vulnerable Albertans.

"When facing a diagnosis or injury, Calgarians who need supportive living environments as adults face an incredibly narrow range of options," said David McElhanney, Accessible Housing board chair. METRO

# Breastfeed in Fort Mac, group advises

HEALTH

## Suggestion based on concerns over water, formula

**Jeremy Simes**  
For Metro | Calgary

An Alberta breastfeeding group



Arlene Weidner was one of the first nurses to be employed at the Foothills Medical Centre when it opened 50 years ago.

JENNIFER FRIESSEN / FOR METRO

50TH ANNIVERSARY

## Hospital cracks open time capsule

Foothills Hospital medical director Dr. Peter Jamison wished he only needed about \$14 million to construct a brand new building — that's how much it cost to build Calgary's largest hospital 50 years ago.

On Thursday, more than 100 people celebrated the Foothills' 50th birthday by unlocking a time capsule that had been stowed away for half a century.

Notable items within the capsule included 62 cents, the original ministerial order to build the hospital, blueprints, and the roster of the Foothills' first health care workers.

"I wish ... I wish," said associate Health Minister Brandy Payne, referring to the \$14 million figure while Jamison unveiled the findings.

On the roster of the first hospital employees, however, was Arlene Weidner, a former nurse who was in attendance to celebrate the facility's 50th birthday.

Fifty years ago, she said she and her colleagues chuckled at the idea of being in attendance of the opening of the time capsule.

"We just thought, 'No way,'" she said. "But I remember when

is sounding alarms over water conditions in Fort McMurray for infants who are on formula.

As more than 3,000 children under the age of 24 months return to Fort McMurray with their moms, a boil-water advisory has been in effect for some neighbourhoods, potentially causing unsafe conditions for preparing infant formula, according to the Alberta Infant & Young Child Feeding in Emergencies (AIYCFE).

Michelle Pensa Branco, who

took part in preparing a report for AIYCFE, said women were using bottles that weren't washed while staying at the Northlands evacuee facility in Edmonton.

"There was nowhere for them to boil the bottles to sterilize them," Pensa Branco said.

"There's still that concern now that they're back because we don't know the status of that water."

The AIYCFE found that about

half of the women they interviewed stopped breastfeeding after they fled the city.

Of the 27 per cent of infants breastfed exclusively prior to the evacuation, only 16 per cent were still being breastfed after residents fled. The rest of the women were either mixed-feeding or were no longer breastfeeding.

Pensa Branco said that although front-line workers may have not had resources in place

at the evacuate centres, they were quick to implement sterilizing measures when the resources were made available.

"We really don't want this to happen again," Pensa Branco said. "It should be something that AHS and emergency management teams in Alberta integrate into their emergency plan. Infants deserve to have plans in place that aren't thrown together last minute."

Alberta Health Services said

it's been providing breastfeeding support for Fort McMurray residents, and recommends parents prepare infant formula by having water boil at least one minute prior to consumption.

AIYCFE interviewed about 100 women who had infants aged 0-24 months, asking how children were fed before and after the evacuation.

The AIYCFE partners with various breastfeeding organizations in Alberta and Canada.

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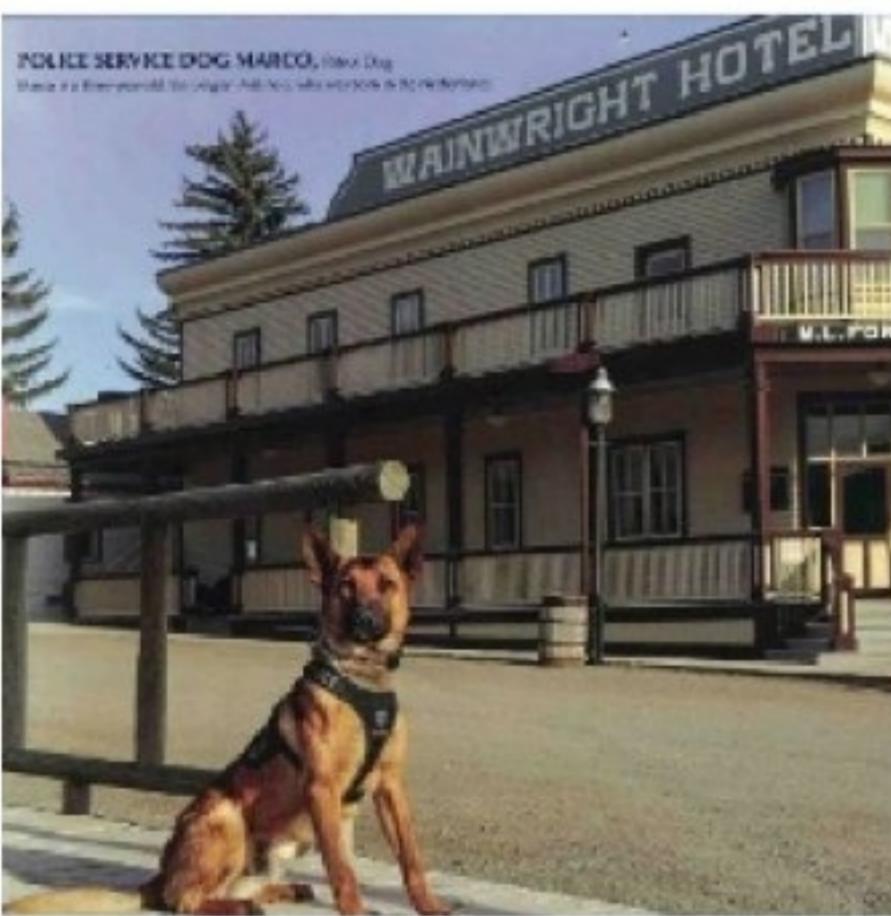
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Marco poses for the Calgary Police Service's 2016 Canine Calendar. CALGARY POLICE SERVICE

# Handler charged for dog attack

POLICE

**Boy, 12, injured in March after canine escaped officer's yard**

**Lucie Edwardson**  
Metro | Calgary

A Calgary Police Service officer is facing charges in relation to an attack on a Calgary boy by his off-duty Canine Unit dog.

The attack, described by 12-year-old victim Ali Hassan as "a nightmare," took place March 30, just before 6 p.m. in the community of Aspen Woods, when a Canine Unit dog named Marco escaped from his handler's yard and chased Hassan down his street and into his home before biting him.

As a result of the investigation, Calgary Community Standards has laid four charges under the Responsible Pet Ownership Bylaw against the handler, Const. Will Glover of the Canine Unit. Glover faces three counts of an animal running at large and one count of an animal attacking a person and causing severe injury.

"This decision reinforces how important it is for dog owners

to keep their animals under control at all times," said Alvin Murray, manager of Calgary Community Standards.

Supt. Blair White said following the incident the dog was immediately removed from service and secured at the CPS kennels. As part of the administrative review, the dog was tested by supervisors of the Canine Unit with independent observation by officials with Calgary Community Standard, where he tested above standards.

White said despite the test results, the service has determined that it's in the best interest of the dog and community to return the animal to the originating broker in the United States.

"Out of fairness to Marco, it's believed it's in his best interest to resurrect his career and get a restart," he said. "We believe that by staying in Calgary there would be that cloud over him."

White said they take full responsibility for the incident.

White said Glover doesn't have a new dog yet, but will. He said CPS has however, assured the Hassan family there won't be another canine unit dog living in their community.

Mustafa Hassan, the victim's father, said they're glad to hear charges have been laid.

"It's a good start," he said.

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CBE board chair Joy Bowen-Eyre said school boards were left out of the equation in terms of support for refugees. METRO FILE

## Expert advice on refugees

### EDUCATION

**Board presents  
to House of  
Commons  
committee**

 **Lucie  
Edwardson**  
Metro | Calgary

The Calgary Board of Education is using their experience with welcoming Syrian refugee students into their schools as a way to help the government improve how they help refugees resettle.

On Tuesday, CBE board of trustees chair Joy Bowen-Eyre said the CBE gave a presentation to the House of Commons' standing committee on the challenges the CBE faced in dealing with welcoming Syrian refugees. The committee is looking at ways they can do a better job in supporting new Canadians.

"What we presented was the challenges we are facing today and the fact that neither the

provincial nor the federal government have stepped up to help provide support to those school boards," said Bowen-Eyre.

She said they provided recommendations to the committee as well.

"All levels of government need to work together with a co-ordinated plan with how we best meet the needs of refugee families but in particular the refugee students" said Bowen-Eyre. "School boards have been left out of that equation and as a result of that school boards have been left to try and financially support the students with no support."

According to Bowen-Eyre CBE has spent \$2.6 million on refugee students this school year.

CBE CFO Brad Grundy said although they've been able to balance next school year's budget by dipping into reserves, if "some material unanticipated event," such as the influx of refugee students they had this year, occurs next year, they'd be in a tight spot.

"The flexibility we have to respond is reduced," he said.

### COURTS

## Radita case judge allows testimony

A Calgary judge has ruled key testimony from British Columbia in the death of a starved diabetic teen will be admitted as evidence.

Emil Radita, 59, and his wife Rodica Radita, 53, are charged with first-degree murder in the 2013 death of their 15-year-old son. Alexandru Radita weighed less than 37 pounds and died of

complications due to untreated diabetes and starvation.

Alberta Justice Karen Horner has ruled that evidence regarding Alexandru's care while living in British Columbia, where he was hospitalized with malnutrition and untreated diabetes, can make up part of the Crown's case.

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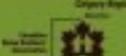
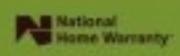
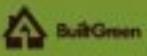
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# Elizabethan Fight Night: Hamlet versus Laertes

## THEATRE

### Actors find harmony in poison and stabbing



**Aaron Chatha**  
Metro | Calgary

Actors Natasha Strickey and Brynn Linsey have struck up a surprisingly strong friendship, considering they've spent the last three weeks beating and bloodying each other.

They play Hamlet and Laertes in the upcoming Shakespeare on the Bow production.

The cornerstone of good fight choreography is trust — and the two actors were so in sync, they practically finished each other's sentences while describing their duel.

"We've never walked away from a fight lesson and not felt like we achieved something," said Linsey.

"I've never felt discouraged after doing this," added Strickey.

"Really, Laertes is doing this to kill Hamlet, but there's a really clear bond and a sense of—"

"—brotherhood —"

"—between the two of us."

The pair only met for the first time a few weeks ago when rehearsals began, which incidentally was the first time either picked up a sword. Being



Natasha Strickey and Brynn Linsey square off as Hamlet and Laertes. AARON CHATHA / METRO

**I've never felt discouraged after doing this.**

Natasha Strickey

in one of the Bard's bloodiest plays (spoiler: everyone dies) means sharp reaction times.

Fight director Karl Sine explained that the choreography begins in a very mathematical place — feet distances, hit directions and mechanics.

Even if the audience knows the outcome of the fight — and considering the text is 400 years old, that's a safe bet — the actors draw in the audience with their reactions.

Laertes panics when stabbed with a sword she poisoned earlier.

At the same time, Hamlet was poisoned with the sword, but does not know it, and wonders why she feels so weak.

"I'm thinking, maybe I am just fat and scant of breath?"

This year's Shakespeare on the Bow starts June 21. Visit [theatrecalgary.com](http://theatrecalgary.com) for more.

### + DRAMATIC DEATH

As the play approaches its climax, Laertes, played by Brynn Linsey, has poisoned her sword to kill Hamlet, but the battle takes a turn when Hamlet acquires the sword — and her fate is all but sealed in five easy steps.

#### Step 1:

The Disarm — When Hamlet acquires the sword, Laertes panics, experiencing a deep realization of risk.

#### Step 2:

The Plunge — Linsey tries to stop the sword with her bare hands, but fails as it cuts in her belly.

#### Step 3:

The Hunch — Reeling under the pain, Linsey hunches over, clutching her stomach.

#### Step 4:

The Pull Out — Her back twists, as her character realizes it's over.

#### Step 5:

Dead — She staggers back, perhaps reaching out her hands, before falling to the ground. She is dead.

AARON CHATHA/METRO

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Fatuma smiles as she thinks about the airplane she and her husband arrived on. SUBMITTED

# First 19 days

SCENE YYC

## Filmmakers draw from their own experience as refugees in doc



**Aaron Chatha**  
Metro | Calgary

Filmmakers Asha and Roda Siad know the refugee experience.

Not only did they spend a month in Calgary's Margaret Chisholm Resettlement Centre, filming a documentary about families arriving in the country, but they also first stepped onto Canadian shores as refugees from Somalia, 23 years ago.

"To be able to document the experiences of refugees was really a journey of reflection," said Asha Siad. "Seeing our parents' experiences, coming to Canada, trying to resettle while trying to connect back home."

Connection is a key word. While filming their documentary, called 19 Days, they spoke to families from countries including Burundi, Sudan and Syria.

The resettlement centre houses these families for a few weeks, while

they acclimate to their new country.

Many did not have a strong grasp of English, and didn't speak the same language as other refugees in the house.

Still, they did their best, and made strong connections with each other.

The sisters remember one man from Darfur, who had spent the last four years in an Ethiopian camp with his family.

He arrived in Canada with a tattered notebook, and one of his first goals was to connect with his family in Darfur.

The first few times the sisters helped him make the calls, but there was no answer on the line.

"He's in a resettlement centre, it's his first few days in Canada, but rather than focusing on settling and the things he needs to do here, his mind is preoccupied with what he left back home," recalled Roda Siad.

"How do we expect people to move on and start a new life when they've left so much behind?"

Eventually, the call went through, and the man was able to speak to his sister for the first time in four years.

The documentary comes out on June 20, World Refugee Day, and will stream for free at NFB.ca.

There will also be a Calgary screening the same day at the downtown Calgary Public Library, at 7 p.m..

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# The words of Sled Island

Q &amp; A

**Five festival bands describe themselves with their lyrics**

**Aaron Chatha**  
Metro | Calgary

Sled Island 2016 is upon us, bringing together eclectic and independent bands in a five-day music festival from June 22 to 26 in Calgary.

For the full Sled Island line up, visit sledisland.com.

To help you know a few of these magnanimous musicians a bit better, Metro asked them a quick but insightful question:

**Q: What one lyric, from one of your songs, would you use to sum up your life?**

**Jed Gauthier, from Counterfeit Jeans — Garage Rock — Edmonton, AB**  
A: Boredom is my best friend.



Counterfeit Jeans

**Dream Whip — Indie Pop — Calgary, AB**  
“Eating chips in bed.”



Dream Whip

**Nasstasia Ellefsen, from Old Girl — Electronic — Victoria, BC**

“I don’t know where you’re trying to go or what galaxy that you came from”



Old Girl's Nasstasia Ellefsen

**Rena Kozak from Child Actress Rock — Calgary, AB**  
“Walls dissolve to only light”



Child Actress

**The Back Homes — Psych — Victoria, BC**

“It’s not only me I swear / am I the only one who’s scared / of being misunderstood / is it bad or is it good / ha”



The Back Homes

**Chris Vail from NoBaby — Indie Pop — Calgary, AB**

“Since the start, there was the luck of the beginner”



ALL IMAGES CONTRIBUTED

## WEEKEND EVENTS

### FRIDAY Placeholder

Presented by d.talks, the new pilot program Placeholder is sort of like a book club. The difference is, you can bring whatever book, open or even object you wish, as long as it fits with the theme, which is ‘translation.’ The event aims to create discussion around how Calgarians affect and are impacted by the theme. For more information visit eskerfoundation.com

### SATURDAY Super dad lounge

The Calgary Farmers’ Market celebrates Father’s Day weekend. All dads will get a complimentary massage from Mount Royal College, as well as snack packs and prize draws. There are also photo booths and craft stations for kids, to create souvenirs of the special weekend. It’s a delicious way to start Father’s Day. Visit calgaryfarmersmarket.ca.

### SATURDAY Canada vs. Russia

International rugby touches down in Calgary as the Canadian senior men’s team 15s takes on the Russian team. It’s been more than a decade since international men’s rugby was played in Calgary. Taking place at Calgary Rugby Park, kick off is at 3 p.m. The Canadians were narrowly beaten by Japan earlier this month. Visit rugbycanada.ca

### SUNDAY YYC Lobsterfest

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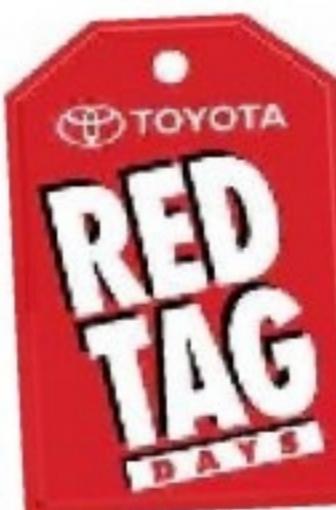
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Once set free from their pen, the ducks waddled over to the pond while students and teachers looked on. JENNIFER FRIESEN/METRO

# Students release ducks they raised

BIRD PROGRAM

## Funeral home hosted the 21st annual Duck Party for kids

**Jennifer Friesen**  
For Metro

With a pen full of Pekin ducks and 400 elementary school children dancing the Chicken Dance or clamouring to feed the birds, it was a lively scene at Mountain View Memorial Gardens and Funeral Home on Thursday.

The sight was not unlike years past, when hundreds of students come to the gardens to release their classroom pets for the annual Duck Party.

Twenty-one years ago, Mountain View began the unique program with Calgary-area schools by offering two-day-old ducklings to elementary classrooms.

Six schools received their ducklings in April, giving the

students the chance to spend the next six weeks raising them, feeding them, cleaning up after them — and even bringing them home for a night.

"Because the ducks grow so quickly, (students) are able to see the progress going from two days old to almost full grown," said Les McMahon, manager of Mountain View. "Just in that transition, they've learned how to care for animals."

On Thursday's duck release party, eight-year-old St. Peter School student, Alat Mager, gleefully reached over the duck's pen with a handful of leaves, hoping to feed her pet once more.

"It feels really nice to let the ducks have some fresh air," she said. "It was really fun (having him in class) — he was always honking."

Lina Kind, teacher at Our Lady of Wisdom School in Chestermere, has been a part of the program since its inception 21

years ago. Before joining forces with Mountain View, she raised her own ducklings in the classroom, but when the opportunity arose to team up, she jumped at the chance. "So then I became known as the crazy teacher who brought my kids to a cemetery for a field trip," she laughed.

"But it's just so important for the kids. Most kids come into Grade 1 with this skewed feeling about cemeteries: it's Scooby-Doo, it's scary, it's Halloween.

But I come from the viewpoint that they are our beautiful remembering places."

As the ducks ran into the garden's pond at the end of the celebration, the crowd broke out in cheers, racing to the water's edge.

Mager was on the rocks' edge watching the birds swim, and said — with conviction — that she'll be back to visit soon.

**It was really fun (having him in class) — he was always honking.**

Student Alat Mager, 8, on one of the ducks.

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# Grad coach program a board success



The 2016 indigenous graduation class. CALGARY BOARD OF EDUCATION

## MENTORSHIP

**17% rise in indigenous success rate**

 **Lucie Edwardson**  
Metro | Calgary

After seeing a nearly 17 per cent rise in graduation rates for the Calgary Board of Edu-

cation's indigenous students in the past year, the board is praising its graduation coach program, and looking at ways to expand it to younger grades.

Board officials say the graduation coaching program began early this year; 17 coaches were deployed into schools based on the number of self-identified First Nations, Metis and Inuit students in each school.

"I'm extremely proud of the fact that we have taken some

leadership in addressing and acknowledging that we need to improve the educational outcomes for First Nations, Metis and Inuit students," said board chairwoman Joy Bowen-Eyre.

Chief financial officer Brad Grundy said the impact of the program has been significant.

"We're seeing a significant increase in our completion rate for our targeted students," he said. "It's gone from about 33.5 per cent to 50 per cent, and

given we've only had them in place for a year is phenomenal."

The board has made expanding the program a priority in the upcoming school year's budget, adding 10 "learning leader" positions — five at the elementary school level and five at the junior high level.

"We know the earlier we can provide intervention for anything the better outcome we're going to have for our students," Bowen-Eyre said.

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## CIVIL ACTION

## Edmonton sprouts guerrilla bike lane

 **Ryan Tumilty**  
Metro | Edmonton

A guerrilla bike lane installed along Edmonton's Saskatchewan Drive Thursday morning is a sign of just how frustrated cyclists in that city have become, one advocate says.

Conrad Nobert of the cycling and pedestrian advocacy group Paths for People, said the small bike lane is likely coming from a place of frustration.

"They are the symptom of a frustrated group of people who are being ignored by their city and who are being forced to ride in dangerous conditions," he said.

The lane, with paint, pylons and tape, stretched about 200 metres along the south side of Saskatchewan Drive. City crews quickly stepped in to remove it hours after it went up.

Nobert said the quick removal added insult to injury.



**City crews responded within hours to remove the bike lane.** KEVIN TUONG/METRO

marking and so the city had to remove the lane.

He said while the bike lane was not in a driving lane it was blocking a bus stop.

Vriend said the city understands peoples' desire for lanes and can even work with communities for temporary lanes.

"If people are looking to close a road and have a cycling friendly event, we do have a permitting process," he said.

Vriend said the city is aware the route is popular for cyclists and is looking at ways to address that need, including expanding the multi-use trail on the north side of Saskatchewan Drive, which would include widening the paths and the wooden walkways to give more room for people to pass.

"It's a pretty early study, but we are looking at what the costs would be," he said.

Nobert said his group understands the high-quality bike infrastructure the city is promising could take time, but the lane put up on Thursday is an example of an easy solution the city could create.

"That lane was in a part of the road that you are not allowed to park in and not allowed to drive in," he said. "The city could put that up a week from now and there would be no backlash and they would be providing a nice connector for people on bikes."

 **They are the symptom of a frustrated group.**

Conrad Nobert

"The fact they can respond so quickly to a few pylons being on the road, but take years to put in any meaningful quality bike infrastructure kind of tells the tale," he said.

Last year, Edmonton removed bike lanes it installed in 2014, after a council vote. Replacements are still in consultation.

Two major bike infrastructure projects, on 83 Avenue and 102 Avenue, were funded in the last capital budget, but are expected to take several years to actually be installed, with the downtown route potentially delayed into the 2020s.

Daniel Vriend, the city's general supervisor of urban transportation, said it's illegal to modify a roadway with new

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Calgarians gathered in Olympic Plaza last Sunday to commemorate those who died in the massacre at Pulse nightclub in Orlando, Fla. BRODIE THOMAS/METRO

# Orlando shooting factors manifold

## TRAGEDY

**Mental health, homophobia, gun laws all in mix: Experts**

**Jeremy Simes**  
For Metro | Calgary

It would be too simple to blame the Orlando shooting on the radical terrorist group Daesh, according to Calgary LGBTQ advocates.

As more details emerge about Omar Mateen, who allegedly gunned down 49 people at an Orlando LGBTQ nightclub, Daesh claimed responsibility for the shooting. Many major media outlets have also focused on Mateen's "allegiance" to the terrorist organization via his Facebook page.

But other factors, such as mental health, homophobia, gun laws and personal deal-

ings, must be taken into account, according to Kelly Ernst, executive director of Calgary Outlink: Centre for Gender and Sexual Diversity.

He said Daesh is much different than Islam, as many have also suggested the two are linked.

"(Daesh) has really nothing to do with Islam," Ernst said. "I think as more and more facts come out, we'll be able to understand more. But there are many small pieces to the puzzle."

It's been reported that Mateen frequented the bar in the past, which has Ernst wondering if the shooter was questioning his sexuality.

He also referenced links to mental health, homophobia and the lax gun laws in the United States.

"So which of those is the biggest piece of the puzzle?" Ernst asked. "I don't think we really know yet. It's far too early to say this is about one particular issue. We need to

**I won't comment on his motivations. We don't know.**

Craig Sklenar

stand back and look at this more holistically."

Craig Sklenar, director of government affairs with Pride Calgary, said Mateen has caused much damage to the LGBTQ community.

"I won't comment on his motivations because we don't know," Sklenar said. "This happened and we need to find a way to mourn, hold our loved ones together and bridge communities."

Ernst echoed Sklenar's comments, saying communities, such as the Islamic and LGBTQ, should connect.

"Until that starts happening, we're not going to stop all these types of discriminations," Ernst said. "I think we need to take note of that."

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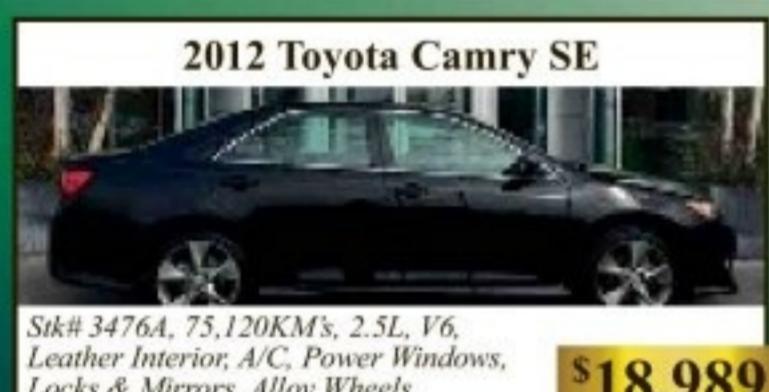
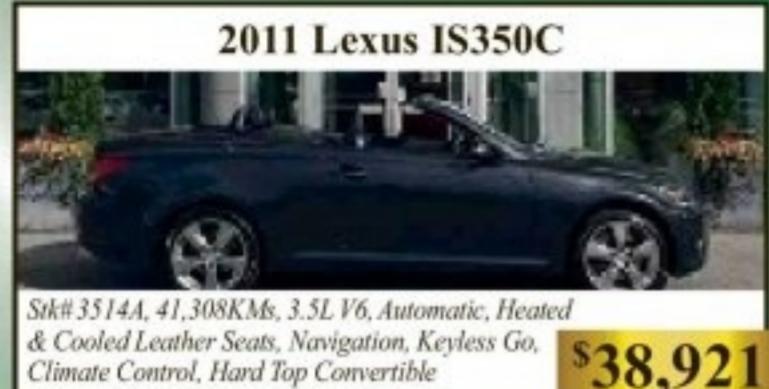
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## HEALTH

## Vape shop owner backs e-cig regulations



**Kevin  
Maimann**  
Metro | Edmonton

At least one Edmonton vape shop owner welcomes stricter rules as the federal government mulls e-cigarette regulations.

A report tabled in the House of Commons Wednesday put forward 13 recommendations for further research and restrictions on vaping devices.

"We want way stricter regulations," said Tyrus Cote, co-

owner of Liberty Vape on Jasper Avenue. "We want all the juice to be third-party lab-tested, we want all the hardware to be approved for safety ... because the whole point is to switch to a healthier lifestyle."

The report found electronic cigarette "juice" containing nicotine being sold in stores and over the Internet, despite its being illegal without Health Canada authorization.

A vape shop manager told Metro earlier this week that

nearly one-third of her customers were not previously hooked on cigarettes, while Health Canada officials said a 2013 Ontario study showed nearly 15 per cent of students in grades 9 to 12 had tried e-cigarettes.

Despite that, all members of the vaping industry who Metro spoke with agreed their main focus is to help people quit smoking.

"It's the best part of our job," Cote said. If a young customer comes in wanting to vape with-

out having a previous cigarette addiction, Cote said he strongly urges them not to start.

Action on Smoking and Health executive director Les Hagen said there is "no question" that e-cigarettes can play a role in helping smokers quit, but added they should be subject to the same regulations that apply to other nicotine devices like inhalers, patches and gum.

"This isn't about singling out e-cigarettes," he said. "This is about equal treatment."



Dana Claridge has been helped by the Tikkun Olam Maker team. Last year, a team used the challenge as an opportunity to make a wheelchair frame that works in the winter. COURTESY COLIN FRANCE

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## Makers help with accessibility

## DESIGN

### Event looking for volunteers who need a bit of help



**Aaron  
Chattha**  
Metro | Calgary

Whether it helps 100 people or just one, every year the Tikkun Olam Maker (TOM) event aims to help people ignored by bigger industry sectors.

Richard Lushai, who organizes TOM Calgary every year, pairs groups of designers and engineers with someone who has a disability, in an effort to make their life better.

For example, last year Colin France and his team helped out Dana Claridge, a young girl who is confined to a wheelchair.

Dana lives across the street from a dog park and loves going on walks with the dogs.

"But as it's an off-leash dog park, she has difficulty in winter going through the dog park as they walk the dog in her wheelchair," said France.

Through the TOM challenge,

the group met Dana and spent a month drafting designs for a sub frame that would allow Dana to use her wheelchair and visit the dog park in the winter.

Then, during the Maker Faire at Telus Spark, they had 72 hours to construct a prototype for her.

The put sturdier wheels on the back of the frame, and essentially designed the rest like a giant snowshoe, with snowboards to help disperse the weight.

Dana can essentially roll her wheelchair into the sub frame.

The team had the prototype ready when the challenge was done, but decided to hang on to it for just a little bit longer — so they could add a coat of hot pink and purple paint to it.

"It was really positive to make an impact on their lives," said France.

"We were really motivated to help her out and she was super appreciative that we kind of came out of nowhere."

Lushai said TOM is still in need of designers and engineers, funds for supplies and — most importantly — volunteers with a problem that needs solving.

To learn more, visit [tomcalgary.com](#).



**It was really positive to make an impact on their lives.**  
Colin France

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# Near-death clause stays

**ASSISTED DYING BILL**

## MPs reject key change, vote to send bill back to the Senate

The House of Commons bounced the assisted dying bill back into the Senate's court Thursday, rejecting an amendment that would have allowed suffering Canadians who aren't near death to get medical help to end their lives.

Appointed senators must now decide whether to stick to their guns or accept the will of the elected chamber.

"I cannot in all good conscience simply vote down a bill that is better than having nothing at all," said Conservative Sen. Don Plett.

But others were adamant that without the primary amendment — which would have deleted the bill's proviso that medical assistance in dying be available only to those

**SYRIAN CRISIS**

## Dion accepts genocide label for Yazidis

Two days after the Liberals voted down a Conservative motion to accuse Daesh of genocide, Foreign Affairs Minister Stephane Dion acknowledged the group is engaged in precisely that against the Yazidis.

Dion said Thursday he accepts the findings of the report of an independent, UN-mandated commission which says Daesh has committed genocide against the ethnically Kurdish minority group.

"We are taking the lead in asking the Security Council to be sure that they will prosecute the perpetrators of these atrocities and investigate in order to understand what is happening on the ground," Dion told the Commons.

Conservative Jason Kenney, who has spent weeks urging the government to put the genocide label on Daesh, says Dion is missing the larger picture by focusing only on the Yazidis.

"This genocide affects more than the Yazidis," Kenney said.

In debating and then defeating the Tory genocide motion on Tuesday, the government said politicians should shy away from declarations



Yazidi women and children, released by Daesh, arrive in Kirkuk, 290 kilometres north of Baghdad, in this April 2015 file photo. THE ASSOCIATED PRESS

of such magnitude.

"Determinations of genocide need to be made in an objective, responsible way," Prime Minister Justin Trudeau said during the debate. "That is exactly what we have formally requested the international authorities weigh in on."

The report issued Thursday seems to fit that bill, although

**Genocide has occurred and is ongoing.**

Paulo Sergio Pinheiro

it deals specifically with the Yazidis. "Genocide has occurred and is ongoing," Paulo

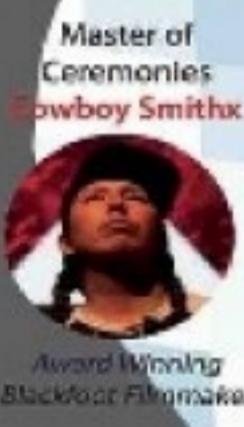
Sergio Pinheiro, chair of the Independent International Commission of Inquiry on Syria, said in the report.

The report focused on violations committed against Yazidis inside Syria, where it found that thousands of women and girls are still being held captive and abused, often as slaves.

THE CANADIAN PRESS

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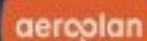
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# Submarines support special forces troops

## MILITARY

## Shadowy units train together for stealthy operations

Far off the coast of Portugal, Canadian special forces soldiers vault out the back of a military Hercules transport plane with nothing but empty ocean below.

But as the troops descended under their parachute canopies, a black mass broke the ocean surface — the Canadian submarine HMCS Windsor — for a carefully choreographed ocean rendezvous.

"The submarine offers a really useful tool to be able to insert or extract from," Maj.-Gen. Mike Rouleau, commander of Canadian Special Operations Forces Command, said.

This training happened last fall during an extended mis-



A Chinook helicopter loaded with Special Forces for a training parachute jump. RICHARD LAUTENS/TORSTAR NEWS SERVICE

sion by HMCS Windsor in European waters, where the sub participated in a number of exercises with allied nations.

The daring parachute drop highlights the growing re-

lationship between the two shadowy elements of Canada's military — special forces and the submarine fleet. More and more, Canada's four submarines are exercising with spe-

cial forces soldiers — at least when the subs can be put to sea. Currently, only HMCS Windsor is available but in recent days it has been sidelined in port with engine troubles.

"We're operating a lot with the SOF (special operations forces). We really like working with them. It's one of the coolest things we do ... That's movie stuff," said Lt.-Cmdr. Peter Chu, commander of HMCS Windsor.

Special forces soldiers are at the forefront of changing warfare, from large-scale confrontations to small teams training local militaries to conduct missions or carrying out those missions themselves.

Special forces soldiers have been working with the navy to hone their capabilities for maritime events such as ship hijackings, combating pirates, covert insert and extraction from coastal locations, intelligence and surveillance.

TORSTAR NEWS SERVICE

## INFRASTRUCTURE PROGRAM

## B.C. is first in line for Trudeau transit cash

The federal government has taken a major step in its ambitious infrastructure program by signing a funding agreement with British Columbia to move the first block of cash in its multibillion-dollar plan.

Prime Minister Justin Trudeau said Ottawa will spend \$460 million in British Columbia to help pay for upgrades to existing transit infrastructure including renovations to aging transit stations and building new bus lanes.

"We're operating a lot with the SOF (special operations forces). We really like working with them. It's one of the coolest things we do ... That's movie stuff," said Lt.-Cmdr. Peter Chu, commander of HMCS Windsor.

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# \$460M

The amount Ottawa will spend in British Columbia to help pay for upgrades to existing transit infrastructure.

a total of \$934 million will be invested in public transit across the province," he said Thursday in Burnaby.

"This is just phase one," Trudeau said. "We are now meeting with provinces and municipalities to develop the second phase of public transit investments."

THE CANADIAN PRESS

## COPYRIGHT

### Playboy drops lawsuits against Canadian firms

Playboy has discontinued lawsuits against two Canadian publications the magazine had alleged had illegally reproduced photographs of Kate Moss

taken for the U.S. magazine's 60th anniversary. The copyright suits against Toronto's Contempo Media and Montreal's Indecent Xposure had sought up to \$50,000 in damages from each outlet. THE CANADIAN PRESS

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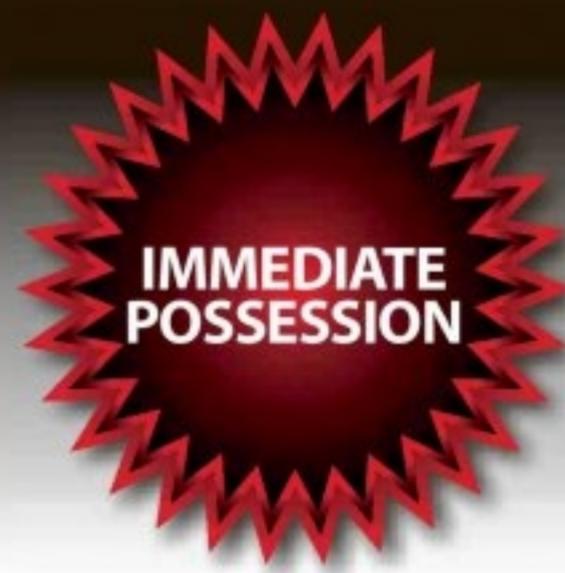
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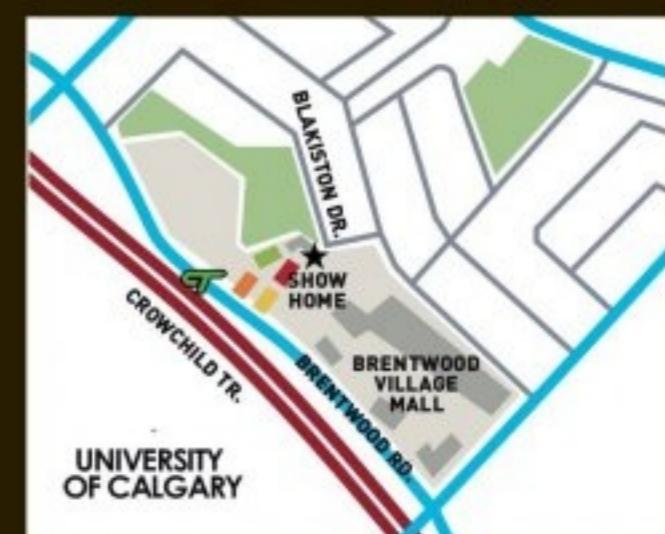
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President Barack Obama and Vice-President Joe Biden place flowers at a memorial in Orlando on Thursday in honour of people killed in the Pulse shooting.

PABLO MARTINEZ MONSIVAIS / THE ASSOCIATED PRESS

# Obama shows his support

## AFTERMATH

### President calls for solidarity, but offers no real answers

U.S. President Barack Obama brought words of comfort but no easy answers on Thursday to grieving families in Orlando, striving to help the community heal even while investigators were still struggling to make sense of the carnage at a gay nightclub.

As Orlando prepared to bury its first victims from the mass

shooting, Obama and Vice-President Joe Biden spent hours meeting privately with survivors of the attack, victims' relatives and police officers who responded to the scene on Sunday, when 49 people were killed. The low-key visit reflected the challenge for the president to find something meaningful to say about an attack that has stoked a wide mix of fears about terrorism, guns and violence against gays.

Obama's call for solidarity and empathy stood in contrast to the roiling political debate in Washington and the campaign trail that has sprung up since the attack. Arizona Sen. John McCain, a

Republican and frequent Obama critic, accused the president of being "directly responsible" for the shooting because, he said, Obama had allowed the growth of Daesh on his watch.

The gunman, Omar Mateen, had made calls during the attack saying he was a Daesh supporter. But CIA director John Brennan said Thursday that the agency has found no connection between the gunman and any foreign terrorist organization.

The White House had no immediate response to McCain's comments.

Investigators were working to reconstruct the movements of the 20-year-old shooter before

he opened fire at the Pulse dance club, including what his wife may have known about the attack. The Senate Homeland Security Committee's chairman sent a letter to Facebook asking for help with messages denouncing the "filthy ways of the west" left on Facebook accounts believed to be associated with Mateen before and during the attack.

White House spokesman Josh Earnest said part of Obama's goal was to show solidarity with gays and lesbians who were targeted in the attack. He called the visit a "solemn responsibility" that had weighed heavily on the president in the days since the attack.

THE ASSOCIATED PRESS

## + A COLD HEART

### Killer monitored impact

While his victims texted heartbreak last words to loved ones from the blood-drenched bathrooms, Omar Mateen apparently went on Facebook to measure the shockwaves his attack on a gay nightclub was generating.

He searched for the terms "Pulse Orlando" and "Shooting," according to a letter released by a Senate committee.

## GRIEVING

### Bigotry heightens mourning

As families prepare to bury the dead from Orlando's massacre, Rob Domenico describes an additional layer of grief lingering overhead.

It's a different type of sorrow - caused by shame, estrangement, and secrets hidden in closets.

The 49 victims of the U.S.'s worst mass shooting were mostly gay, and mostly from a Latino community whose older generation retains a more traditional hostility to homosexuality.

"Friends of mine have told me, 'I came out. My family's disowned me. I have nowhere to live,'" said Domenico, who sits on the board of a local LGBTQ centre.

"Imagine that. Now those families have that extreme guilt. Like, 'I turned my son away — and now he's gone.'"

His centre has been filled with mourners in recent days. They've described losing four, five, seven friends in the attack on the Pulse nightclub. But some can't talk about it with their family.

There are sadder stories elsewhere. At the Orlando airport, an employee talks about the funeral for a close friend she's about to attend. He'd come out, and lost his relationship with his father.

So a tragedy rooted in homophobia is now being compounded by it.

One news report even described a victim's boyfriend being forced to conceal his grief. According to the victim's colleague Al Ferguson, the boyfriend had never told his family in Mexico that he was gay.

In that country's Jalisco state, a government worker was fired for reacting to the massacre with the crudest kind of machismo in a social-media post: "Too bad it was only 50 and not 100."

THE ASSOCIATED PRESS



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**Jo Cox** championed the cause of Syrian refugees in the U.K.

AFP/GETTY IMAGES

## British MP Cox killed

PARLIAMENT

### Man stabs, shoots pro-EU campaigner in north riding

A British lawmaker who campaigned for the country to stay in the European Union was killed Thursday by a gun- and knife-wielding attacker in her small-town constituency, a tragedy that brought the country's fierce, divisive referendum campaign to a shocked standstill.

Jo Cox, a 41-year-old Labour Party legislator who praised the contribution of immigrants to Britain and championed the cause of war-scarred Syrian refugees, was attacked outside a library in Birstall, northern England, after a regular meeting with constituents. Police would not speculate on the attacker's motive.

Witnesses described a man shooting Cox several times and appearing also to stab her as she lay on the pavement. Police said they had arrested a 52-year-old man and were not looking for anyone else.

"Our working presumption ...

is that this is a lone incident," said Dee Collins, acting chief constable of West Yorkshire Police.

British security officials said the shooting didn't appear to be related to international terrorism, but domestic terrorism has not been ruled out.

Residents identified the suspect to the BBC and other media as Birstall resident Tommy Mair. Neighbours said Mair was a quiet man who did gardening jobs for local people.

Violence against British politicians has been rare since Northern Ireland's late-1990s peace agreement, and figures from all parts of the political spectrum expressed deep shock.

Cox is the first serving member of Parliament to be killed in a quarter-century, and British politicians of all stripes expressed deep shock.

Both the Vote Leave and Britain Stronger in Europe campaigns suspended activity ahead of next week's vote over whether Britain should remain a part of the 28-member bloc. Prime Minister David Cameron cancelled a speech and rally in Gibraltar and flags on British government buildings were lowered to half-staff.

The Associated Press

has finished its mission in agreement with Egyptian authorities. The Laplace detected signals from one of the plane's flight recorders last month.

Another ship, the John Lethbridge, operated by U.S. company Deep Ocean Search, arrived Sunday.

A French Navy official said Thursday that the Laplace

ALLIGATOR ATTACK

## Charges against child's parents unlikely

A sheriff said charges are unlikely against a Nebraska couple after an alligator killed their two-year-old son by snatching him out of shallow water at a Walt Disney World beach, but the entertainment giant is reviewing whether to add gator warning signs.

Orange County Sheriff Jerry Demings told The Associated Press after a news conference Wednesday there was no indication Matt and Melissa Graves of suburban Omaha, Nebraska,

committed any crime that contributed to the reptile grabbing their son, Lane Graves.

"There's nothing in this case to indicate that there was anything extraordinary" in terms of neglect by the parents, Demings said.

Demings said his department and the state wildlife agency would look into the issue of signs around Seven Seas Lagoon, where Disney had posted "no swimming" signs but no warnings about

the presence of alligators. Searchers removed five of the reptiles from the water while looking for the child, who was attacked at a small beach area near nightfall Tuesday.

A Disney representative, speaking on condition of anonymity, said Disney would "thoroughly review" the sign issue in the future. Beaches that were closed during the search remained off-limits to visitors, the company said.

THE ASSOCIATED PRESS



**Lane Graves**  
ORANGE COUNTY SHERIFF'S OFFICE



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# Transgender study a call to action

## HEALTH CARE

## Series shows how much the group is ignored: Author

A landmark series published Friday estimates there are now 25 million transgender people worldwide — a population that remains “grossly underserved” by public health even though they face a heightened risk of everything from depression and homicide to HIV.

The papers, published in the Lancet, mark the first time the highly influential medical journal has devoted a series to transgender health.

Wide-ranging in scope, the collection of studies and editorials highlights the massive health inequities that exist for transgender people, many of whom face a steep slide from “stigma to sickness.”

For example, transgender women, who often face job discrimination and turn to sex work, have a 49 times greater risk of HIV.

Transgender people are also frequent victims of violence, with researchers documenting 2,115 killings between 2008 and April 2016 — a statistic that is certainly underestimated.

One paper in the series notes that many regions still have laws or policies that threaten transgender health, such as the 17 European countries that impose sterilization on people seeking gender recognition.

But as a whole, the Lancet series is a strident call to action for the global health community.

From medical education to medical research, the health needs of the world’s transgender population have been largely ignored — and it’s time for that to change, says Sam Winter, a lead author on the series.

“The message we’re trying to



Isabella King, a transgender female and former Orlando resident, lights her candle during a vigil where hundreds gathered on the south steps of the Texas State Capitol for the people killed at the nightclub shooting in Orlando. RALPH BARRERA/AUSTIN AMERICAN-STATESMAN VIA AP

### STATS FROM THE LANCET SERIES

- 0.3–0.5%** — Conservative estimates for how many people worldwide identify as transgender
- 56%** — Transgender people in an Australian study who have been diagnosed with depression, four times the rate of the general population
- 35%** — Participants in a U.S. study who expressed their gender diversity as a youth and fell victim to physical violence
- 41%** — People from the same U.S. study who attempted suicide, compared to 1.6 per cent in the general population.
- 8 Out of 49** — European countries fail to provide legal or administrative measures enabling gender recognition.
- 1** — Study on transgender health published between 2008 and 2014 in sub-Saharan Africa
- 1** — Country, the United States, that published more than six studies on transgender health between 2008 and 2014

an end to unethical “conversion therapies,” and funding for feminizing or masculinizing hormones. It further identifies an urgent need for research in regions such as Africa, the Middle East and Central Asia, where discrimination is high but transgender studies are scarce.

The Lancet series comes as a watershed moment for transgender visibility.

Just consider the widespread outrage over American “bathroom bills” that restrict transgender people from using public restrooms, or the mainstream celebrity of people such as Caitlyn Jenner and Laverne Cox.

But as significant as these are, they are just small steps toward a truly inclusive world where transgender people can live their healthiest possible

lives, said Sari Reisner, another series co-author.

“I’ve been doing this work for about 10 years and I truly never thought that I would see this kind of level of visibility,” said Reisner, an assistant professor and researcher with Harvard Medical School.

“But visibility doesn’t necessarily equal social change or the bettering of human rights.”

And for transgender people, the denial of their rights — especially their right to having their gender identity recognized — can be unhealthy or even deadly.

Just last month, for example, a 23-year-old transgender activist named Alisha died in Pakistan after being shot several times. According to reports, she was shunted between male and female wards — with three hours passing before she went into surgery — and hospital doctors actually taunted her.

But every day, lower-profile examples of discrimination are also playing out. At the Sherbourne Health Centre, family doctor Laura Pripstein has a young transgender patient who suffers from repeated urinary tract infections. Why? Because the patient’s school lacks a safe gender-neutral bathroom, forcing them to constantly hold in their pee.

Even within the medical establishment, discriminatory behaviour blocks transgender people from safely accessing basic health services. Dr. Allison Lou, a family doctor with the Sherbourne Health Centre’s LGBTQ team, often hears from patients who encounter health practitioners who refuse to refer to them by their chosen gender identity.

“This is really distressing to people,” Lou said.

“I think for trans people, it’s really just about being respected as a person, which sometimes doesn’t happen even in big health-care organizations.”

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South African ruling party African National Congress supporters mark the 40th anniversary of the 1976 student uprising at Orlando Stadium in Johannesburg. THE ASSOCIATED PRESS

## South Africa celebrates

SOWETO

### Anniversary of 1976 uprising that launched apartheid's end

South Africans on Thursday commemorated the 40th anniversary of a pivotal moment in the anti-apartheid struggle, a 1976 black student uprising in the Soweto area of Johannesburg that led to a deadly crackdown but launched a new phase of opposition to white minority rule.

Hundreds are estimated to have died in the government crackdown that followed. The bloodshed is epitomized by a photograph of a dying student, Hector Pieterson. The image of his limp body being carried by another teenager was seen around the world and galvanized international efforts to end South Africa's racial segregation, though apartheid would linger for nearly two more decades.

June 16 is a national holiday in South Africa.

"We should remember that not a single school was burned

during the June 16, 1976, student uprising," Zuma said.

The 1976 uprising started as a student protest in Soweto against being forced to study in Afrikaans, the Dutch-based language of the white rulers who designed the system of racial oppression known as apartheid. The protests spread to other areas in South Africa, becoming a flashpoint for anger at a system that denied adequate education, the right to vote and other basic rights to the country's black majority.

Thousands danced and sang at a stadium in Soweto where President Jacob Zuma later spoke of the students gunned down by apartheid-era security forces. He listed democratic advances in South Africa since the first all-race elections in 1994 but lamented the violence of some students today who have burned school buildings in protests over high fees and other grievances.

THE ASSOCIATED PRESS

### IN BRIEF

#### Scientists find building block for life in space

Inside the swirling cloud of gas and dust that surrounds a newborn star, scientists say they've found an organic molecule that's a very early ingredient for life.

It's the gaseous form of methanol, a relatively large and complex organic compound that is needed to make things like amino acids, which in turn are used to build proteins. And that swirling cloud isn't just any old mess of mass — it's a protoplanetary disc, the cluster of matter

from which planets form, surrounding a star that looks very much like our own Sun would have in its youth.

The discovery "proves there's definitely complexity that we can see around a very young star ... and it's some of the same chemical components we see in our solar system," said Ryan A. Loomis, a graduate student at the Harvard-Smithsonian Center for Astrophysics and co-author of a report on the find in the *Astrophysical Journal*.

TECHNOLOGY

## Runaway Russian robot returned

A robot ran away from scientists and caused a traffic jam in the city of Perm, Russia. That's not science fiction; it actually happened.

The robot, named Promobot, apparently broke free after an engineer forgot to shut the gate. The robot then found its way to the middle of a nearby street, where it blocked traffic for about an hour before its battery ran out. A witness filmed the incident and posted the bizarre situation on YouTube. In

the video, a policeman guards the white, humanoid-looking robot while cars swerve around to avoid hitting it.

Oleg Kivokurtsev, co-founder of the company behind Promobot, says "the robot was learning automatic movement algorithms on the testing ground," which will be featured in an upcoming version. The company says its machines are able to answer questions, give directions and even recognize people. TORSTAR NEWS SERVICE



Promobot, with exhibitor Aleksei Yuzhakov. THE ASSOCIATED PRESS FILE

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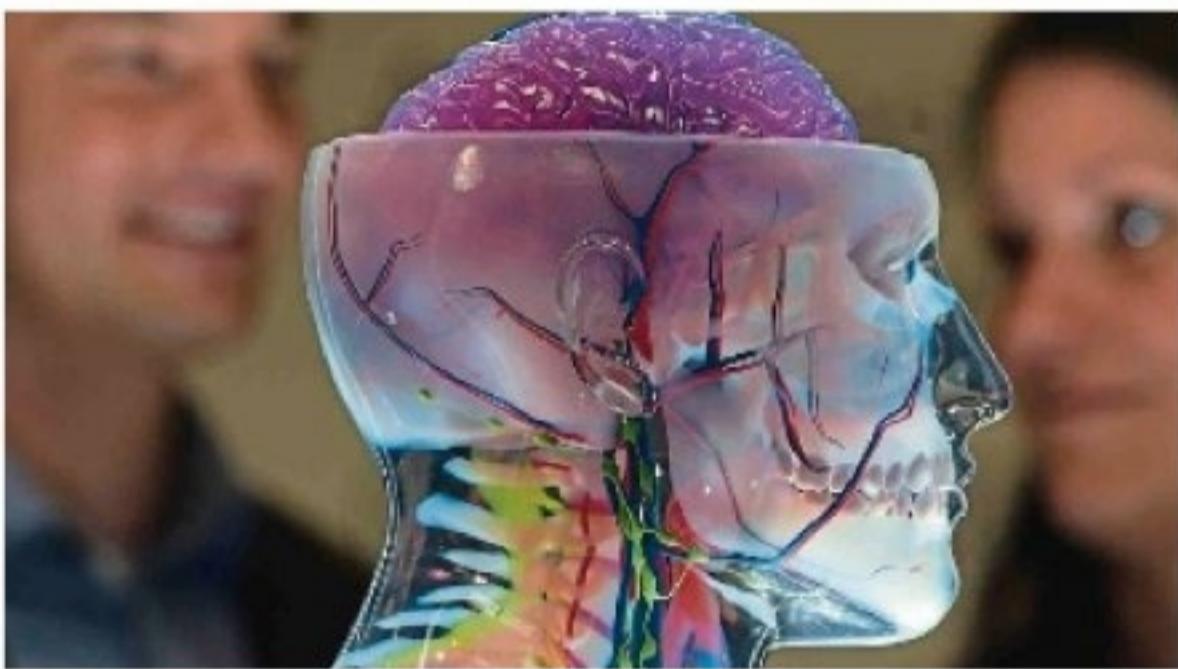


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38 | Weekend, June 17-19, 2016

Business | metro NEWS



## TECHNOLOGY

### THE WORLD — PRINTED IN 3D

People from all over the world have gathered in Erfurt, Germany for the international fairs FabCon 3.D and Rapid.Tech to present the latest products and applications in the fields of additive manufacturing and 3D printing. The fairs continued until June 16. Above: People stand behind a 3D-printed model used for medical purposes at the stand of the US company Stratasys.

Left: A woman fixes a miniature model of the Saint Basil's Cathedral of Moscow at the stand of the company Rapid Shape.

THE ASSOCIATED PRESS

# The Visa-Walmart brawl affects you

## CREDIT

### The duo are in a dispute over merchant fees

#### Why did Visa take out newspaper ads about Walmart on Wednesday?

Visa and Walmart are in a battle over credit card fees charged to merchants. Walmart wants a better deal from Visa. Visa said it offered a lower rate, but Walmart wants an even deeper discount. Visa claims Walmart is asking for a rate lower than the one paid by charities and schools.

#### How many customers are affected by this?

Visa is the biggest credit card company in Canada, with 54 million cards issued, according to Rob Livingston, president of Visa Canada.

Also, the phase-out of Visa cards at Walmart is scheduled to begin in Thunder Bay in July, not in the GTA, which is the largest retail market in the country. So there is still time for the parties

to go back to the table and hammer out an agreement.

#### Why is this happening in Canada?

In Canada, Visa and Mastercard charge merchants fees that are as much as five times higher than fees charged in dozens of other countries, including those in Europe and Australia. In some cases, governments have stepped in to regulate lower fees. In other cases, government regulators similar to the Competition Bureau have set caps on fees.

The fee in Australia is 0.5 per cent, according to Karl Littler, vice president, public affairs, Retail Council of Canada (RCC). In many European countries, it's 0.3 per cent.

Canadian retailers pay about \$5-billion a year in credit card fees, according to the Council.

#### Why do the credit card companies charge so much more in Canada?

Visa's Livingston says Canada has one of the most developed and secure digital payment sectors in the world, due to the investments credit card companies

have been able to make using the proceeds from fees. That includes tap-and-go services and systems that reduce the need for less secure payment methods.

#### Walmart wants a better deal. Do other big retailers get preferential treatment?

Yes. Although the terms of the exclusive deal between MasterCard and Costco in Canada are not public, Sands believes it could be as low as zero per cent, with MasterCard benefiting in other ways — increased use, more customers (who use the card outside of Costco, too) and publicity when Costco promotes the card.

#### So if the fees go down, will consumers benefit?

Perhaps, but only marginally. There is no independent study in Canada that has looked at whether retailers keep the difference or pass it on to consumers. Walmart is promising to pass it on to consumers, but while the overall savings to Walmart could be huge, it will mean pennies to consumers on most individual purchases.

TORSTAR NEWS SERVICE

## NOTICE OF HEARING FOR PERMANENT GUARDIANSHIP ORDER TO:

### Melanie Azure Cook

Take notice that on the 28th day of June, 2016 at 9:30 A.M., at Calgary Family Court, Courtroom # 301, 601 – 5th Street SW, Calgary, Alberta, a hearing will take place.

A Director, under the Child, Youth and Family Enhancement Act will make an application for Permanent Guardianship Order, of your child born on September 3rd 2016. If you wish to speak to this matter in court, you MUST appear in court on this date. You do have the right to be represented by a lawyer. If you do not attend in person or by a lawyer, an Order may be made in your absence and the Judge may make a different Order than the one being applied for by the Director. You will be bound by any Order the Judge makes.

You do have the right to appeal the Order within 30 days from the date the Order is made.

Contact: Jackie Ellice; Leanne Baines; Daniella Eggink  
Calgary Region, Child and Family Services  
Phone: (403) 297-2978

## MUSIC

### Jimmy Page climbs a stairway to court

“

Something like  
that would stick  
in my mind.

Jimmy Page

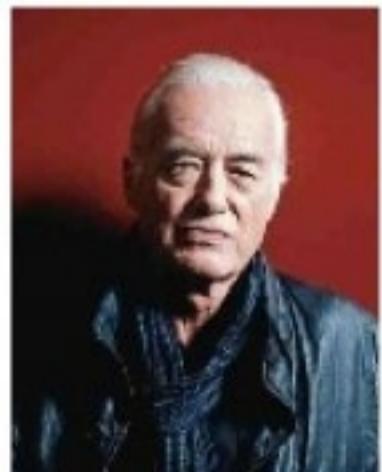
The estate of Spirit's late guitarist, Randy Wolfe, also known as Randy California, contends the famous descending-chord progression that softly begins the crescendo-building "Stairway" was lifted from Wolfe's, "Taurus," which was released a few years earlier.

Led Zeppelin has settled several similar copyright disputes over hit songs, though "Stairway to Heaven" has generated hundreds of millions of dollars over the years and could provide a windfall if Wolfe's estate prevails. Page claimed he didn't even

know he owned Spirit's self-titled first album until a son-in-law told him comparisons between the tunes were popping up online and he unearthed it in his collection of 10,000 records and CDs. He said he only knew "Fresh Garbage" from hearing it on the radio.

"Something like that would stick in my mind," Page told the eight jurors in Los Angeles federal court. "It was totally alien to me."

Attorney Steven Weinberg, a music copyright lawyer, said he found Page charming, confident and well prepared, though not entirely credible in his denial of ever hearing Spirit's first album. The use of Fresh Garbage in the band's earliest days lends credibility to the idea that Page and Robert Plant liked the band enough to probably know more of its work. THE ASSOCIATED PRESS



Jimmy Page TORSTAR NEWS SERVICE

## THE ROAD TO RIO RUNS THROUGH SPRUCE MEADOWS

RIO '16  
ATCO

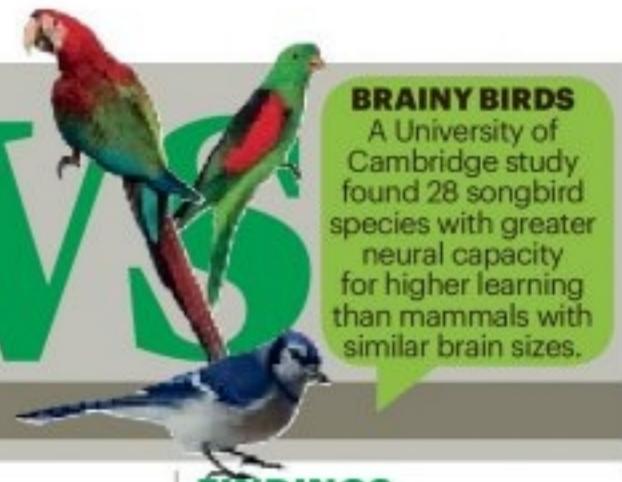
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# metrO VIEWS

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SCIENCE SAYS Weekend, June 17-19, 2016



DECODED When athletes exult

## THE NEUROCHEMISTRY OF WINNING

Soccer's European Championship, the biggest tournament outside of the World Cup, is underway. Already, the participating footballers have been fed heaping helpings of both the ecstasy of victory and the agony of defeat, in (roughly) equal measure. Because we like to keep things positive here, we wanted to concentrate on the victory part: **Here's what's floating around in athletes' brains when they win.**



First of all, the compulsory disclaimer, as with matters psychophysiological, is that there's PLENTY that science freely admits it flat-out does not understand. Consider yourselves disclaimed. Chief among what is known is that, irrespective of social, physical or mental causes, the sensation of pleasure originates in the brain, where **neurons** (a.k.a. brain cells) talk to each other via the release of chemicals. The most important pleasure-synthesizing neurochemicals, and the most relevant to the thrill of athletic victory, are **dopamine**, which is associated with the pleasure of motivation and the realization of sought-after rewards; **epinephrine** (a.k.a. adrenalin) which causes increased heart rate, blood pressure, and the "adrenalin rush" we feel in high-pressure situations such as world-stage soccer matches; and **endorphins**, the brain's own homebrew morphine, which produce opiate-like pleasure, and have been associated with the so-called "runner's high" that sometimes accompanies strenuous exercise.

GRAPHICS: ANDRÉS PLANA/METRO



GUEST CITIZEN SCIENTIST by Paul Sokoloff

## How can I prepare at home for life on Mars?

I just saw *The Martian* on Blu-ray. Everyone tells me that the science in the movie checks out, but what if I want to see for myself? Can I do Martian botany experiments on earth?  
— Guy, Ottawa

Aspiring Martian farmers will be happy to hear that we should be able to grow crops on the Red Planet, though it has no soil, which is created over time through biological activity. The red dust covering Mars is called regolith.

While you can't find real Martian regolith at the space-garden centre (we've yet to return samples from Mars), data sent back from landers and rovers have let scientists develop regolith simulants, Earthbound materials that mimic the colour, texture and physical properties of the real thing. While engineers may use this regolith to test rover wheels and dustproof electronics, botanists can use it to science the s-t out of some plants, and have already tried growing everything from algae to carrots in it.

These simulants are most often made from crushed and sterilized volcanic rocks. The most commonly used material comes from the slopes of Mauna Kea, Hawaii. Quarried by Orbitec Ltd., this JSC Mars-1A simulant, at \$25 USD per 2 lbs, would be your best bet for simulating Mars at home. You would need fertilizer, though, as plants need nutrients missing from Martian regolith to grow. Just do not, I repeat, DO NOT, try using human waste like Mark Watney.

Still, when the first Astronauts

get to Mars, it's unlikely they'll start farming with regolith right away. Soil-free hydroponics would provide plenty of fresh produce, and would prevent possible contamination of the planet as we search for signs of extraterrestrial life.

**Paul Sokoloff** is a botanist at the Canadian Museum of Nature, and a former crew-member at the Mars Desert Research Station in Utah.

Science Question?  
Tweet @genna\_buck

FINDINGS  
Your week in science

### NEW ELEMENTS

Names have been assigned to the four new elements identified in December of last year. Meet nihonium (Japanese for "the land of the rising sun"), moscovium, tennessine (both named after the place they were discovered) and oganesson (named after chemist Yuri Oganessian). The names will undergo a consultation process before being officially recognized. The elements will occupy numbers 113, 115, 117, and 118 on the periodic table.

### VOLCANIC ZOMBIES

There is a new zombie apocalypse to be afraid of, at least if you live in New Zealand. Geologists in the island nation have found magma chambers growing next to, rather than under, some Kiwi volcanoes, reports the June edition of *Nature* magazine. The findings suggest volcanic zones thought to be dormant are, as it were, living dead.

### SOUND SMART

## AGGLUTINATION

**DEFINITION**  
**Agglutination**, derived from the Latin *agglutinare* (glueing to), is the process by which particles clump together. In the body, this process takes place when cells, such as red blood cells in the case of problematic clots, encounter certain antibodies that cause normally autonomous particles to join and form larger structures. This can happen with or without human intervention.

### USE IT IN A SENTENCE

"My uncle's waiting on a blood transfusion, but when the docs mixed the latest donor's blood with his, there was some **agglutination**. Apparently, that's disqualifying. I don't know — I'm not a doctor — but it sounds bad."

### PHILOSOPHER CAT by Jason Logan



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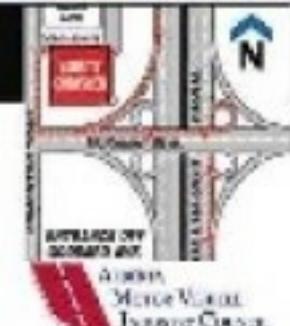
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# metro WEEKEND

Your essential daily news

MOVIES MUSIC TELEVISION DIGITAL



The followup to *Finding Nemo* should do well at the box office thanks to great storytelling and production values, Richard Crouse argues. CONTRIBUTED

## Finding Dory cures Sequelitis

IN FOCUS

### Pixar makes good in a summer full of so-so sequels

**Richard Crouse**  
For Metro Canada



Thank you, Pixar.

Years ago my now-wife and I went to see a particularly grim horror movie. Despite "watching" the entire film through her fingers, as though she could shield her face from the gallons

of blood 'n guts on display, the creepfest jangled her nerves so badly we had to go see *Finding Nemo* directly afterwards as a palate cleanser.

Marlin (Albert Brooks) and Dory's (Ellen Degeneres) underwater road trip to find Marlin's lost son Nemo, coupled with gorgeous animation and warm-hearted humour, calmed her and because of Pixar there were no bad dreams that night.

Roger Ebert called the family classic "a delight," and parents snapped up so many of them it became the best-selling DVD ever. Disney is clearly hoping those good feelings have lingered over the 13 years since *Nemo* first

### MOVIE RATINGS by Richard Crouse

Finding Dory	★★★
Genius	★★
De Palma	★★★
Raiders! The Story of the Greatest Fan Film Ever Made	★★★

HOW RATING WORKS
★★★ SEE IT
★★ WORTHWHILE
★★ UP TO YOU
★ SKIP IT

made a splash. This weekend *Finding Dory* enters a crowded summer season, one already stuffed to the gills with sequels, reboots and reimaginings.

The original cast return (save for Alexander Gould who aged out of voicing Nemo) along with Idris Elba, Diane Keaton and Kate McKinnon. Will that be enough to mine gold when recent sequels have come up empty?

Hollywood wisdom says audiences want familiarity, characters and brands they already know and love, but this year moviegoers have rejected repackaged ideas.

*Zoolander 2*, *Ride Along 2*, *Neighbors 2: Sorority Rising*, *The Huntsman: Winter's War*,

*Alice Through the Looking Glass*, *X-Men: Apocalypse* and *TMNT: Out of the Shadows* all underperformed in what the Hollywood Reporter is calling the Summer of Sequelitis.

For the record, I think *Finding Dory* will do just fine. Not just because Pixar is the gold standard in animation or because it has a story audiences will connect with but because it's good.

Do I think moviegoers are suffering from Sequelitis? No. Many of this year's sequels have stalled because they weren't very good. The best thing about *Zoolander 2* is that it was so unfunny it's hard to imagine Ben Stiller and Company making a third.

Perhaps the dip in box-office returns for cinematic re-treads is just what Hollywood needs and they'll realize a constant diet of movies with numbers and colons in the title — or worse, both, as in *Neighbors 2: Sorority Rising* — is not as appetizing to audiences as they think.

Executives are scared. *Pitch Perfect 3*, the planned follow-up to the \$287.5 million grossing *Pitch Perfect 2*, has been delayed while Universal waits to see whether the sequel slump is a passing phase. In the meantime, expect more than one sequel-crazed studio suit to say, "Thank you Pixar," when *Finding Dory* reels in the top spot.



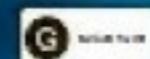
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# Reviewing Dory with dad



The kids agree: Hank the Squid (voiced by Ed O'Neill) is a favourite character. CONTRIBUTED

**PERSONAL ESSAY**

## Metro writer asks his sons to deliver verdict on film

**Chris Alexander**  
For Metro Canada



It is this writer's opinion that when a film critic is charged with reviewing a children's movie, it always helps if, y'know, he or she brings a child with them.

It should be essential, in fact. Because without the eyes of a kidlet beside you, without watching them watch the movie, how else can you properly appreciate and evaluate a work designed to please that very demographic?

So, on that note, I took two of my own little movie-mad lads (the apple

don't fall far when it comes to loving cinema) with me to the preview screening of Disney Pixar's latest animated effort, Finding Dory, the highly buzzed follow-up to 2003's Finding Nemo, which takes an essential supporting character from the original picture, little forgetful fish Dory (voiced beautifully by Ellen DeGeneres) and gives her her own epic under sea adventure.

Finding Dory fleshes out, in flashback, Dory's tragicomic backstory, with her parents Charlie (Eugene Levy, who was in fact present at the screening) and Jenny (Diane Keaton) trying to train the blue fish to defy her unfortunate short term memory affliction so she'll be able to live a happy, productive life.

When Dory mysteriously finds herself separated from her loving mom and dad, events from the first movie bleed into the story and soon, Dory is living with Nemo and his dad Marlon (Albert Brooks). But

when Dory suddenly begins to get flashes of memory of her long lost family, she and her friends launch a crusade to find them, an adventure that is by turns hilarious and moving and always immaculately realized, especially in lush 3D.

After the show, little Elliot (who is seven), Ben (who is five years old), and I shared our thoughts on the film.

**The family review team, from left, Elliot, Chris and Ben.**

CHRIS ALEXANDER



**It made me sad sometimes but also happy**  
Ben, 5

**THREE TAKES**

**Elliot, 7**  
For Metro Canada



I liked it better than Finding Nemo. It was funny and also really exciting. I really loved Hank the Squid (Ed O'Neill), because he's kind of a jerk at first but then he starts to care about Dory and helps her. I also liked how Nemo and his dad were in it again, helping Dory this time like she helped them in part one. I thought the part where Dory was lost and upset at the end was kind of scary, though.

**Ben, 5**  
For Metro Canada



It was beautiful. It was kind of like (Tomm Moore's haunting animated film) Song of the Sea (which is Ben's favorite movie) because of the pretty music and it made me miss my mommy and made me sad sometimes but also happy. I really liked Hank the Squid and the funny whale shark Destiny and the way she kept bumping into things and talking to Dory in Whale language.

**Dad's review**

The boys are right. Finding Dory is ample funny and action-packed but it's also incredibly emotional, with a dark, haunting sequence towards the end that made me tear up and hold the lads close. And, as is the norm with Pixar, there's plenty of subtext here for the adults. The film is an allegory about special needs children and the things they can accomplish when they are loved and encouraged by their family and peers. It's the perfect family film, enriching and expanding the world directors Andrew Stanton and Lee Unkrich developed in the first movie.

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# Like Dory, DeGeneres keeps on swimming

INTERVIEW

## Finding Nemo sequel reflects real journey of lead star Ellen

Finding Dory isn't just about a little blue fish looking for a home. The long-awaited sequel to Finding Nemo also reflects the journey of the woman behind the gills, Ellen DeGeneres.

Like Dory, DeGeneres had been feeling a little lost 13 years ago, when she first voiced the happy little fish with short-term memory issues. DeGeneres had publicly come out as gay a few years earlier, and had the title character on her namesake sitcom do the same.

It was a cultural flash point; then the show was cancelled. About the same time, DeGeneres' three-year relationship with Anne Heche suffered a painful ending.

"For a while, I didn't imagine that I would have anything again," DeGeneres said in a recent interview, her blue eyes bright and direct. "So then I just kept swimming."

She returned to the standup circuit and started over. Soon, DeGeneres was launching her daytime talk show.

"Just keep swimming" is Dory's motto. The little fish may not always know where she is or what she's doing there, but she can keep moving forward.

"It was weird that (writer-director Andrew Stanton) was writing that at the same time that I was really wondering what was going to happen to me," DeGeneres said.

Now her Emmy-winning show is in its 13th season. She's a CoverGirl spokeswoman; she hosted the Oscars, Emmys and Grammys twice each; and introduced her own lifestyle brand, ED, last year. Everyone knows what happened to DeGeneres: she became an A-list star.

She had been lobbying on her talk show for a sequel to Nemo for years, but she was still shocked when the call came in — especially when Stanton said Dory was the main character.

"That's a day I'll never forget," DeGeneres said.

Finding Dory introduces the blue tang fish as a baby, long before she meets her clownfish pals Marlin and Nemo. Little Dory's doting parents are helping their daughter develop skills for dealing with her memory troubles when an undertow whisks her out to sea. Dory quickly forgets why she's in



Finding Dory star Ellen DeGeneres has come a long way since first voicing the happy-go-lucky fish with short-term memory issues 13 years ago. THE ASSOCIATED PRESS

the open ocean, and just keeps swimming until she makes new friends.

Along the way, she discovers that what she thought were liabilities are actually strengths. Her spontaneous way of approaching challenges inspires her fish friends to ask themselves, "What would Dory do?"

The role represents DeGeneres' first major acting gig since

Generes was ready for a challenge when Stanton called. Could she move audiences with nothing more than her voice?

"This is, to me, harder than acting with your body and our facial expressions," she said. "It's challenging to act with only your voice."

In a scene where Dory cries, DeGeneres says she shed real tears.

be-released sneakers from the collection that say "love" on the sides. Her black-and-white floral blouse is from ED, too. She's expanding the line to include jeans, menswear, furniture and pet items.

All of these things — the talk show, the brand, Finding Dory — seemed impossible when the Ellen sitcom was cancelled in 1998.

"To launch my talk show at the same time Nemo was coming out, and then to end up where the sequel is now about Dory — I've got so many good things going on," said DeGeneres, who married actress Portia Di Rossi in 2008.

"It's really weird timing that Dory is looking for her home and I'm in a place where I am home," DeGeneres added. "I feel really, really amazed that I was able to come back to this point."

THE ASSOCIATED PRESS



**It's really weird timing that Dory is looking for her home and I'm in a place where I am home.**

Ellen DeGeneres

Nemo. She spent three years recording bits of Dory's vocals alone in a sound booth — the same one where Nemo "taped" a decade earlier.

"She walked in and we picked up exactly where we had left off," Stanton said.

Like when she agreed to host the Oscars a second time, De-

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# Ark de triumph: Fans remake classic



**Left:** Eric Zala and the explosions expert rejoice at a successful scene in *Raiders!* **Right:** The airplane explodes for the final scene in the documentary's version of the famous final scene. DRAFTHOUSE FILMS

## DOCUMENTARY

### The childhood friends who bravely remade Indiana Jones

**Richard Crouse**  
For Metro Canada

"We didn't know what we were getting into," says Eric Zala.

Zala, along with Chris Stompolos and Jayson Lamb, spent much of the 1980s, their entire teen years, making a shot-for-shot remake of *Raiders of the Lost Ark* complete with special effects, car chases and melt-

ing heads. Ambitious in the extreme, they stopped at nothing to translate their vision to the screen, almost burning down a family home in the pursuit of their DIY dream.

"You can be surprised at what you accomplish," says Zala. "As adults you have awareness of your limitations, real or perceived. That was one thing we had on our side when we embarked on this as kids. We didn't know what we were trying to do was impossible. It's a damn good thing because we would have been scared to death."

A new documentary called *Raiders!: The Story of the Greatest Fan Film Ever Made* uses the original home movie as a basis to pick up the story decades after the trio abandoned the project. Zala and Stompolos are front and center to tell the tale of the obsession as they, now as 30-somethings, try and finish the movie by shooting the one scene that eluded them as children, the exploding airplane sequence.

Stompolos describes seeing *Raiders of the Lost Ark* for the first time as "lightening in a bottle."

"For our generation I don't think we had ever seen such a perfectly crafted, mythologically aligned hero," he says. "Indiana Jones was human, accessible, smart, macho, academic and flawed and could get hurt. The historical context was interesting and everything was just perfect. This larger than life character just kind of blew my mind. For me I wanted to create a playground for myself and see what it would be like to have those experiences."

Enthusiasm and chutzpah go a long way, especially when they aren't tainted by cynicism. The love of Raiders these fans — both as kids and adults — share is pure and respectful and their passion bleeds through the screen.

"We finished it in '89 and would have loved for Spielberg to see it but that was a pipe dream," says Zala. "We certainly didn't anticipate any kind of fan film movement back then. As far as we knew we were alone in the world. Come to find out, we weren't.

Lots of kids played Indiana Jones in their backyard. We just took it a little further. None of this was supposed to happen, we just did it for ourselves."

"Eric and I pushed it over the finish line and stayed true to the pure vision," says Stompolos, "because we simply love the movie." For this pair of fan filmmakers *Raiders of the Lost Ark* isn't just a childhood fixation. Both have seen it recently, thirty-five years after Zala says it, "split my brain open."

"It took our breath away," Stompolos says of his recent viewing. "Even now there is so much detail. We caught so many new things. I can still watch the film and love it. I don't ever get tired of it. The thing that amazes me to this day is that no matter how many times we've seen it, it still has secrets to give."



**For our generation**  
**I don't think we had ever seen such a perfectly crafted mythologically aligned hero.**

Raiders co creator Chris Stompolos

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# De Palma doc refreshingly insightful

## INTERVIEW

**Jake Paltrow turns his obsession into full length film**

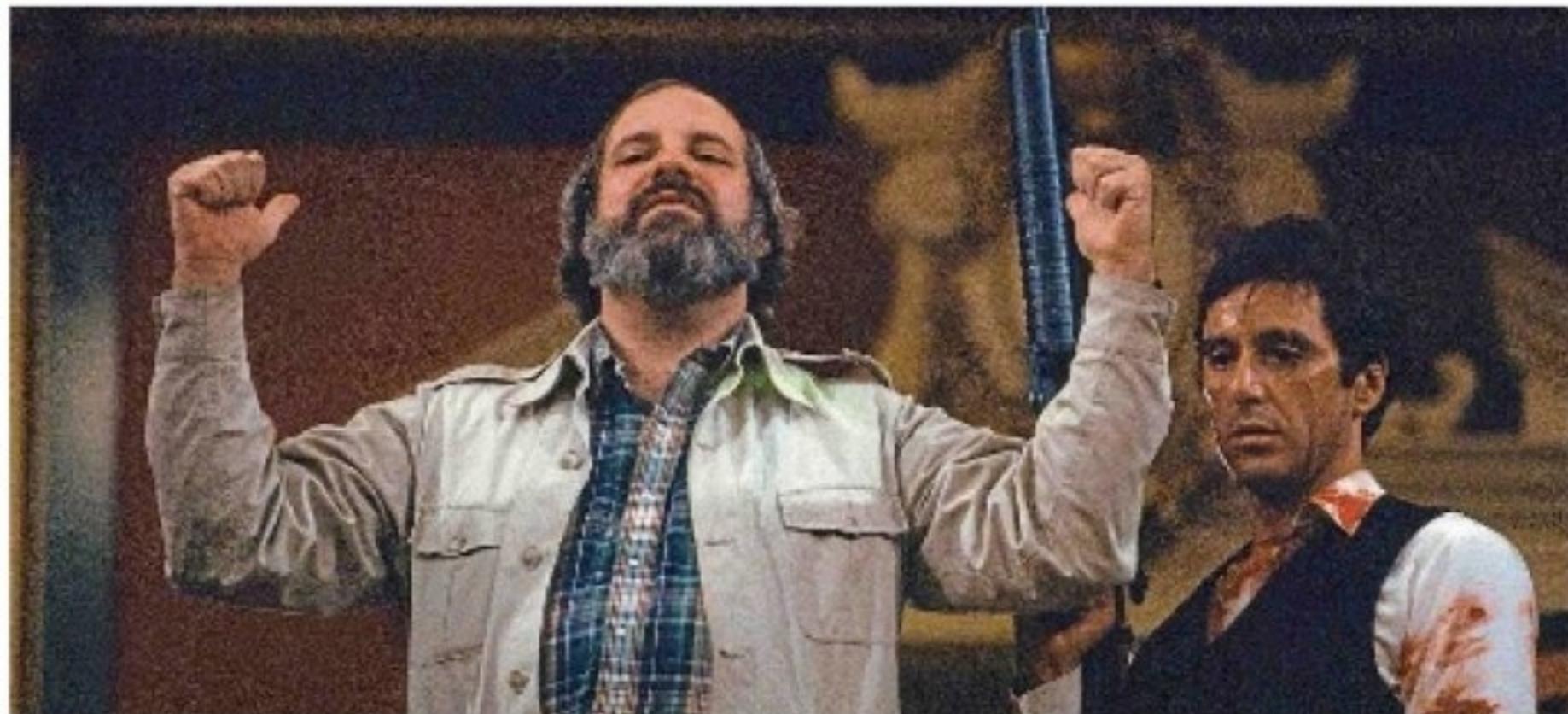
**Richard Crouse**  
For Metro Canada

From Scarface to Mission: Impossible to the horror classic Carrie, Brian De Palma's movies have been endlessly entertaining and entirely diverse.

But as iconoclastic as the 75-year-old filmmaker has been, he's somehow played in the shadows of such contemporaries as Steven Spielberg and Martin Scorsese and his influence has gone largely uncelebrated — until now.

In fact, filmmaker Jake Paltrow thought the iconic auteur was so deserving of a tribute that he paired up with Noah Baumbach (Frances Ha) to turn out the eponymous documentary De Palma.

"I was obsessed with Brian as a teenager," admitted Paltrow dur-



**Scarface director Brian De Palma offers his unguarded insights on Hollywood in Jake Paltrow's new documentary De Palma.**

CONTRIBUTED

ing a recent stop in Toronto. "But even more than being a fan, (the film) grew out of our friendship with him."

Early in his filmmaking career, Paltrow (younger sibling to Gwyneth Paltrow) befriended De Palma who not only supplied sage advice to the young director,

but also began meeting him on a regular basis — an event which soon spurned the notion to capture the filmmaker on-camera reminiscing his half-century in showbiz.

"We were always really approaching it like a director talking about his movies, how he

made them and the ups-and-downs of the movie business," said Paltrow, who admits they also never really entertained the idea of featuring others talking about De Palma for the doc.

"Because it's coming from this thing of friendship and as a gigantic fan of these movies, it

didn't need any other voices really," said Paltrow of the choice to feature interviews solely with the divisive director himself. "Also if you want other opinions about Brian, there are no shortage of things out there."

In the end, Paltrow and Baumbach crafted a simple "director's



**He doesn't soft pedal anything**

**Jake Paltrow on Brian De Palma**

journey" and one that is mutually exclusive to the so-called bad boy of New Hollywood. More so, Paltrow is hoping he's captured some of the most refreshingly honest insights about Hollywood over the past 50 years.

"He doesn't soft pedal anything (and) I think in a lot of ways, that's why we wanted to make a movie about Brian," stated Paltrow.

"He's unguarded in all these sorts of ways and he's so articulate and he's experienced so much — what else is the basis of drama?"

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# Women in film celebrate behind-the-scenes talent

CRYSTAL + LUCY AWARDS

## Award-winners extend fight for gender parity in Hollywood

Women in Film is going behind the scenes to recognize 10 behind-the-camera talents with its annual Crystal + Lucy Awards.

Eight female producers, an agent and a director accepted prizes alongside actresses Taraji P. Henson and Natalie Dormer at a dinner ceremony Wednesday night at the Beverly Hilton Hotel. All called for gender parity in Hollywood and sisterhood among women working in the industry.

"We're all we got, ladies," a spirited Henson said as she claimed the award for excellence in television. "We're fighting for what we deserve."

Women in Film helped fund studies that inspired the American Civil Liberties Union to demand federal inquiry last year into whether discrimination is to blame for the dearth of female directors in Hollywood. Research shows women have represented around four per cent of directors of top films for the past 15 years. The Equal Employment Opportunity Commission is now investigating.

Agent Hylda Queally, Homeland director Lesli Linka Glatter and the producers behind such films as Interstellar, Juno and the X-Men franchise discussed the challenges they faced as women and mothers in male-dominated Hollywood.

Queally, who accepted her award from longtime client Cate Blanchett, said she used to lie and say she was having car trouble rather than admit she needed time to attend her child's school performance.

Producer Lucy Fisher said that when she realized The Fugitive premiere was scheduled for the same night as her daughter's kindergarten sleepover, Fisher called star Harrison Ford and asked him to say he was unavailable so the premiere would have to be rescheduled.

Glatter, whose directing credits also include Mad Men and The Walking Dead, said she never expected that after 25 years in the business there would still be so few women behind the camera.

"It's not easy for anyone to be a director," Glatter said after accepting the directors award from Claire Danes. "But it shouldn't be harder for our daughters than it is for our sons. People in hiring positions have to be willing to open the door for women."

THE ASSOCIATED PRESS



Actress Taraji P. Henson accepts the Lucy Award for Excellence in Television at the Women in Film 2016 Crystal + Lucy Awards at the Beverly Hilton, Wednesday. CHRIS PIZZELLO/INVISION/AP

## MOVIES

### Moreno, Longoria talk diversity in Hollywood

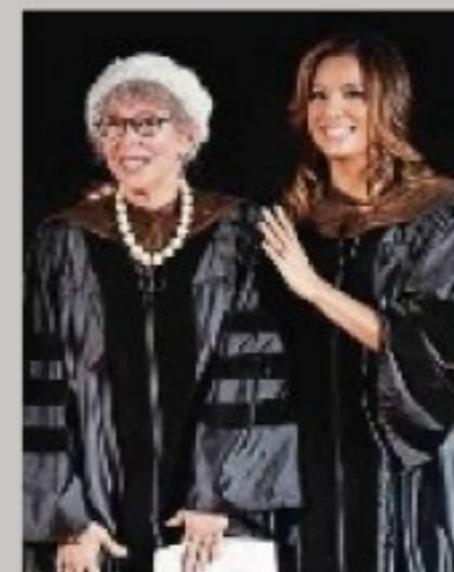
Rita Moreno bestowed some hard won wisdom onto the one hundred plus graduates of the American Film Institute Conservatory on Wednesday morning at the TCL Chinese theater in Hollywood.

The 84 year-old E.G.O.T. winner, along with director Quentin Tarantino, received an honorary Doctorate of Fine Arts degree from AFI, and during her address spoke about her career on

both stage and screen, and the adversity she faced as a minority actress in Hollywood in the 1950s and 60s.

Eva Longoria introduced Moreno, saying she is the embodiment of the "American Dream," adding: "Growing up it was hard to find someone who represented me and my story onscreen and then I saw West Side Story. There was Anita: Latina and proud."

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Bradley Cooper lost his father to cancer. THE ASSOCIATED PRESS

## CHARITY

**Cooper stands up for cancer telethon**

Bradley Cooper is throwing his weight behind a Stand Up To Cancer telecast.

Cooper will serve as executive producer of the fundraiser airing in September.

In a statement Thursday, Cooper said he's proud to be part of Stand Up To Cancer's effort to get lifesaving treatment to patients more quickly through collaborative research. The actor lost his father to lung cancer in 2011.

The hour-long, commercial-free fundraiser will air Sept. 9 on 45-plus broadcast networks and cable channels in the U.S. and Canada, with ce-

lebrities and performers to be announced.

The biennial event has drawn stars including Tom Hanks and Common in the recent past.

Four telethons have been broadcast in USA and are made available to more than 190 countries.

To date, more than \$261 million has been pledged to support SU2C's innovative cancer research programs.

The inaugural Stand Up to Cancer event was held on September 5, 2008, raising over \$100 million

THE ASSOCIATED PRESS

**CLONE CONSPIRACY COMES TO END****No grey areas left as Orphan faces blackout**

Orphan Black is fading to black.

The acclaimed clone conspiracy thriller will air its fifth and final season on Space next year.

The series will conclude with 10 one-hour episodes on Space.

Regina-born actress Tatiana Maslany picked up a Golden Globe nomination

in 2014 and an Emmy nomination last year for playing a collective of clone sisters on the sci-fi series.

Series co-creators John Fawcett and Graeme Manson say they're excited to deliver an "epic conclusion" to the story of lead character Sarah and her siblings.

The Season 4 finale of the Peabody-winning series airs Thursday on Space.

THE CANADIAN PRESS

# Heartbreak as Hamilton loses its founding father

## BROADWAY

**Lin-Manuel Miranda insists he will 'return again and again'**

The news that no die-hard Hamilton fan — or anyone who hasn't seen the Broadway smash yet — wants to hear has arrived: Lin-Manuel Miranda, its creator and star, is leaving the show this summer. But he promises to return "again and again."

Miranda, who has been in the show since it made its debut off-Broadway in early 2015, said Thursday he will perform his last show July 9. Javier Munoz, the current understudy for Alexander Hamilton, who also took over from Miranda in In the Heights, will take over July 11.

But Miranda said he will happily return to the show from time to time and RadicalMedia plans to film the original cast performing the show at the end of June and will, at some point, make it available. "We are aware that history has its eyes on us," said Miranda.

"For people who will say, 'But I'll never see Lin as Hamilton!' — yes, you will," Miranda said in an Irish pub in his Washington Heights neighbourhood. "I have written this insane part that I can't seem to get tired of, that is new every night... I think this is a role I will be going back to again and again."

Miranda has already lined up plenty of work after he leaves. He has a lead role opposite Emily Blunt in a film sequel of Mary Poppins directed by Rob Marshall and with songs by Marc Shaiman and Scott



Lin-Manuel Miranda says he has lots of work lined up for life after Hamilton. THE ASSOCIATED PRESS

Wittman, the composers of Hairspray.

Miranda will also help turn his musical In the Heights into a movie. He has written music for Star Wars: The Force Awakens and the upcoming animated feature in Disney's Moana, a musical, animated tale about a Polynesian princess.

Hamilton, which cast minority actors as Founding Fathers,



**It's been the best tsunami in the world.**

Lin-Manuel Miranda

burst through the Broadway bubble. It has been praised by politicians and rap stars, influenced the debate over the nation's currency and become a cultural phenomenon.

"It's been the best tsunami in the world, but it's been a crazy thing to be in the middle of this," said Miranda. "I don't walk down the streets in Washington Heights the way I used to."

On Sunday, it won 11 Tony Awards, including best new musical, best book and best score. That capped a stunning year for Hamilton that includes Miranda winning the 2016 Pulitzer Prize for drama, a Grammy, the Edward M. Kennedy

Prize for Drama Inspired by American History and a MacArthur Foundation "genius" grant. Miranda lost the best-actor Tony to his co-star Leslie Odom Jr., who plays Aaron Burr to his Alexander Hamilton.

Miranda, the New York City son of Puerto Rican parents, came across Alexander Hamilton biographer Ron Chernow's book and was inspired to write a musical. He debuted the first song at the White House.

His book and score for Hamilton has sly references to Gilbert and Sullivan, Notorious B.I.G., LL Cool J and Rodgers and Hammerstein.

THE ASSOCIATED PRESS

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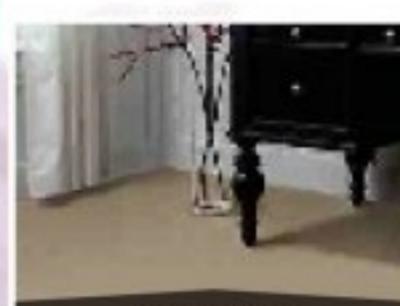
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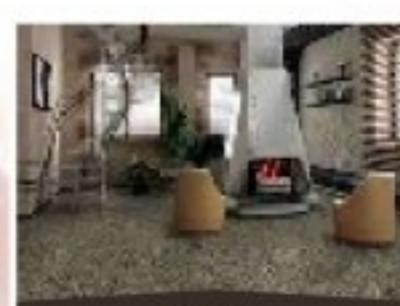
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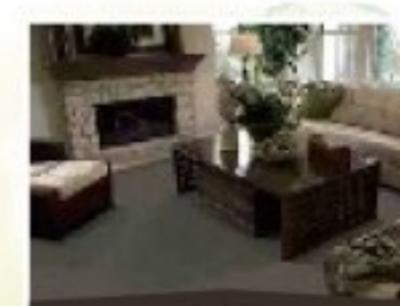


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# Blair Brown sentenced to new role on Netflix



**Blair Brown plays Judy King, a celebrity chef nailed for tax evasion in Netflix's *Orange is the New Black*. The fourth season of the popular series will be available for viewing on Friday.** JOJO WHILDEN/NETFLIX VIA AP

## INTERVIEW

### Excited to join cast of inmates on *Orange is the New Black*

On last season's finale of *Orange is the New Black*, Judy King, nailed for tax evasion, arrived at Litchfield Penitentiary to surrender. But she found no one at the front desk to receive her.

Judy had a fit. A big-time TV chef, she wasn't used to being made to wait.

With Netflix's release of the entire 13-episode fourth season on Friday, viewers will find Judy has subsequently gotten a warm welcome at Litchfield from many of her fellow female inmates (she's a TV star!). And from the warden, too, who handles her with kid gloves: He worries that, if anything ugly should befall her, bad publicity or even a lawsuit would result.

Suffice it to say that Judy will help make this *Orange* season cook as Blair Brown joins the cast of this prison comedy-drama for an exploration of fame compelled to coexist with hoi polloi.

In a recent interview, Brown takes pains to say Judy King isn't meant to be a Martha Stewart knockoff, although the similarities (including their mutual incarceration) are obvious. But so is the nod to down-South culinary Paula Deen, as evidenced

by Judy's luxurious drawl.

"Judy's Southern all right," says Brown. "She's also very outgoing, very friendly, and a complete egotist in the sense that whatever is good for her, she figures is very good for you. She is a survivor, and her attitude in being in prison is, she just wants to get this done."

In the process, she rises to the occasion. Here, as with most places, she loves the spotlight.

"It's interesting to come into this story playing a privileged person," Brown says. "There are a lot of feelings both on the administrative side and the inmate side as to what that means, and why that is."

Recent TV appearances include a recurring role last season on *Limitless*, and before that as the steely corporate boss on the Fox sci-fi series *Fringe*.

And, of course, there's her celebrated run as the title character of *The Days and Nights of Molly Dodd*, which, though not a smash hit, helped change TV.

Brown says she has been an *Orange* fan since its inception.

"When it first started, I thought, 'Is there any room for me on this?' But I decided they had plenty of people, with enough stories to tell.

"Then I got the call to play Judy," she smiles, "and the character was easy, because she came

Premiering on NBC in May 1987, Molly Dodd centred on a mid-30s divorcee living in New York who, by turns, was a free spirit and a Yuppie hewing to no clear professional or romantic path.

While many viewers loved this new form, many more didn't get it. Nor would some of them accept Molly: She was a bit too liberated, too unpredictable, too complex.

For Brown, it was all a much simpler experience.

"It just seemed so easy," she recalls. "We told these little half-hour stories. We didn't have a laugh track and we didn't have to go for big yuks. We thought, 'Let's just have a person who lives her life. What would that be like?' And that, of course, is what some people loved. But other people hated it."

The series helped stake out a genre dubbed "dramedy," a form that greatly stretched the possibilities of the strictly comic half-hour sitcom as well as the strictly dramatic hour-long dramas of that day. Without Molly Dodd, it's possible that *Orange* would never have happened.

"Many, many years later, I'm back in Queens, at the same studio, doing another show that's funny when it wants to be funny, serious and scary when it wants to be serious and scary," says Brown. "It's a very similar idea. It's just about people. And you don't have to blow anything up." THE ASSOCIATED PRESS

**The character was easy, because she came in wondering how does all this work? So did I. All the stuff I'm trying to find out as a new cast member works hand-in-hand with Judy's journey.**

Actress Blair Brown

Brown, 69, is a veteran actress with a wide range of roles whose only commonality may be her signature red hair and luminous smile.

Her film work includes a trio of major releases within two years (1980-81): *One-Trick Pony*, *Altered States* and *Continental Divide*. Her many theatre credits include a Tony Award-winning turn in the play *Copenhagen*.

in wondering how does all this work? So did I. All the stuff I'm trying to find out as a new cast member works hand-in-hand with Judy's journey. So that's been a happy coincidence."

Another happy coincidence: The role has brought her back to Kaufman Astoria Studios, the Queens, New York, production centre where Molly Dodd was shot three decades ago.

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GOSSIP

## Swift, Hiddleston caught 'snogging'



Taylor Swift seems to have moved on quickly from Scottish DJ Calvin Harris. GETTY IMAGES

Your word for the day is "snogs."

It comes to us via the Sun in England, under a screaming "World Exclusive."

"Snogs" means to lock lips or swap saliva and it's the key verb in the Sun's story that's burning up the Internet.

It details — in breathless prose and steamy photos — how singer Swift, the former teen queen of "hits and heartache," has moved on romantically just weeks after splitting with Scottish DJ Calvin Harris after more than a year together.

The headline for The Sun's global exclusive reads: "Tinker Taylor snogs a spy: The sensational pictures that reveal Taylor Swift and Tom Hiddleston's secret romance."

This snogging is trending at a particularly hot rate on the Internet because Hiddleston, 35, is touted as the next James Bond.

The Sun exclusive details how the Swift-Hiddleston romance is on the rocks — literally but not figuratively — as a photographer captured them swapping saliva while

sitting on rocks by the seaside in Rhode Island.

When not snogging, the photos show that Swift and Hiddleston also like to gaze out at the Atlantic.

True Swift fans will already know that Swift owns an eight-bedroom, 11,000-square-foot house in Watch Hill, R.I., beside Misquamicut beach, which has a rocky stretch.

In case the photos weren't enough proof, the Sun also quotes an unidentified onlooker as gasping: "They were all over each other — hugging and kissing — even though there were 20 people coming and going on the beach.

"They looked like any young couple madly in love without a care in the world."

As further explanation for the public snogging, the Sun quotes another source — also unidentified — who's described as "close to Taylor."

That witness reveals: "Tom has been courting Taylor since they met — he sent her flowers."

"She's been won over."

TORSTAR NEWS SERVICE

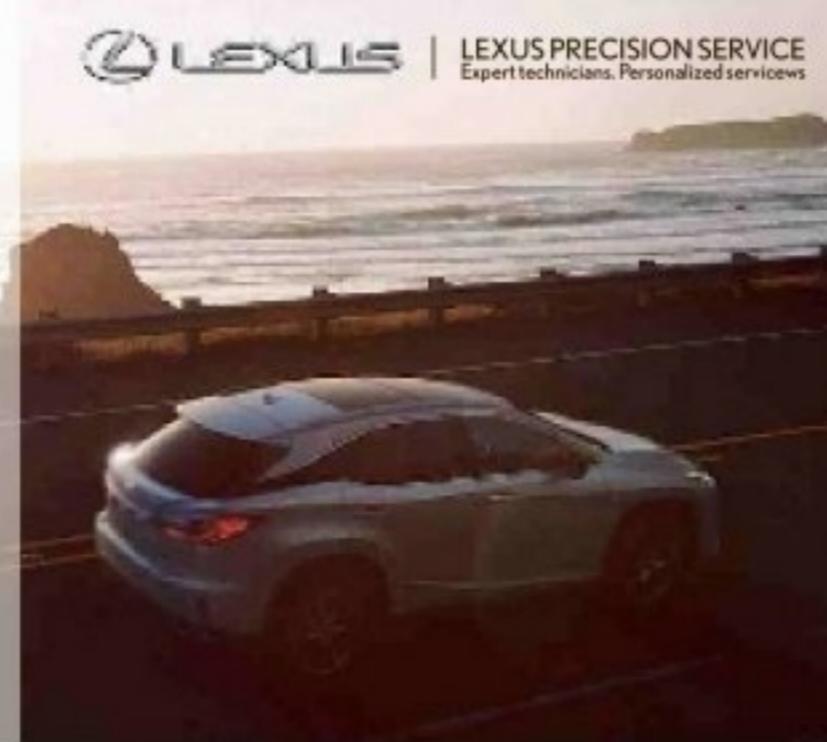
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# Montreal singer comes out after Orlando deaths

### GAY RIGHTS

## Coeur de Pirate says shooting pushed her to be more honest

Montreal indie pop singer Beatrice Martin, known as Coeur de Pirate, says the Orlando shootings have motivated her to come out as a queer woman.

In a blog entry posted on Vice's music website Noissey, the musician outlines how soul searching in the days after 49 people were killed and 53 injured at the Pulse nightclub pushed her to be more honest.

"I can't be scared that someone will stop listening to my music, or that parents might not want their kids listening to me because of the fact that I want to love whoever I want to love," the 26-year-old singer wrote.

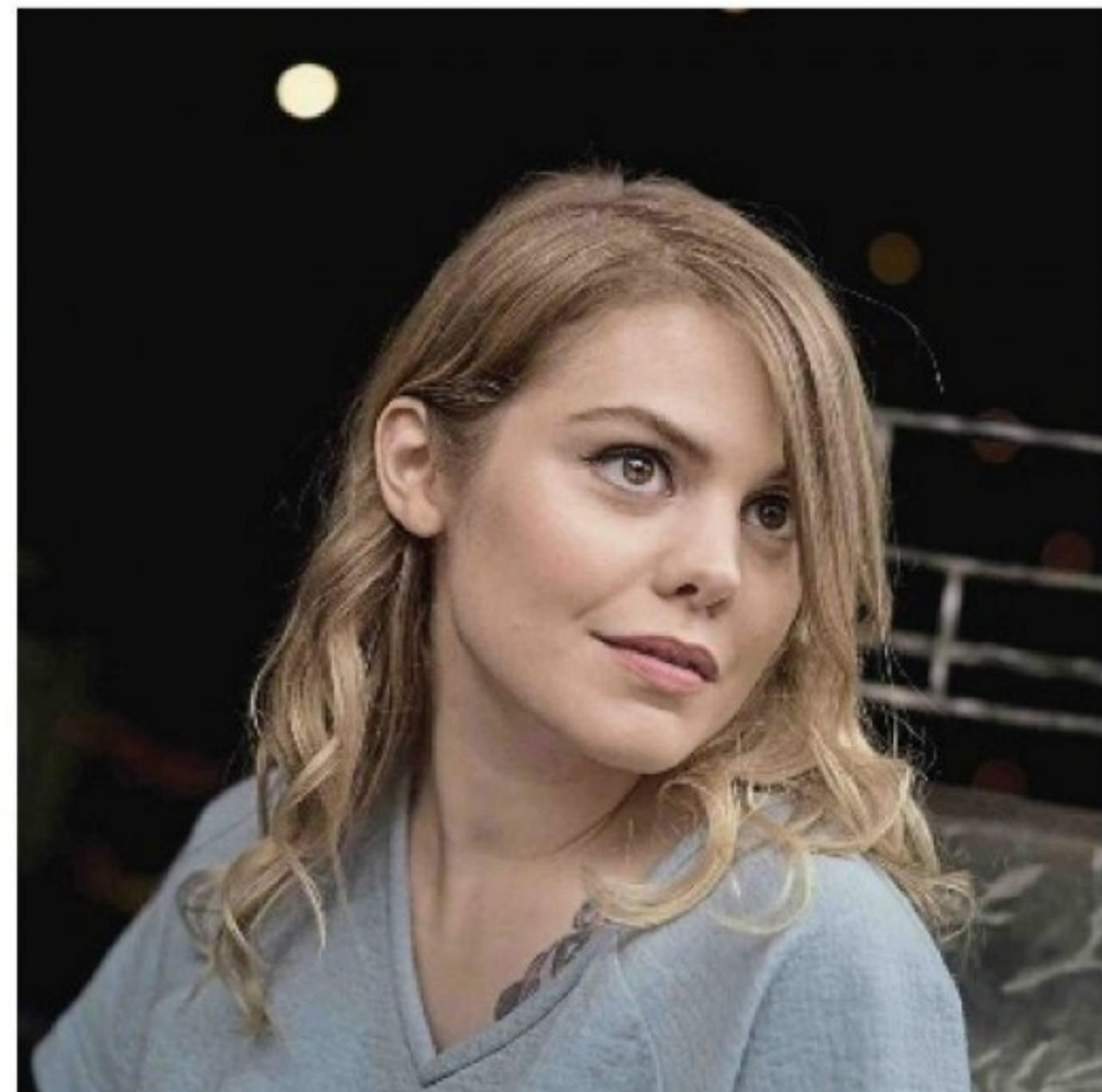
"I'm coming out for my daughter who needs to learn that love knows no race, religion, gender or orientation."

The Juno-nominated singer's letter recounts her past struggles with debating whether to speak publicly about her sexual orientation.

She tells about her first romantic feelings for a girl when she was around seven years old and how she eventually began to repress her feelings for women.

"I settled for a heterosexual lifestyle because I was scared of rejection," she said.

Living that life while rising into the public consciousness made her feel like a hypocrite, she added, even moreso after the recent debates on North



In a blog entry, Coeur de Pirate recounted her past struggles with debating whether to come out as a queer woman. THE CANADIAN PRESS

Carolina's bathroom bill.

"Sure, it's my 'private' life, I can say whatever I want, but truthfully there is some good in being honest," she said.

But it was Sunday's shootings in Orlando, and the young adults who may have still been closeted, which ultimately led her to come out.

"Some families must have learned about a loved one's true sexuality along with their deaths.

"The victims were robbed of the choice to come out on their own terms," she said.

"I'm coming out for the victims that lost their lives because they wanted to celebrate who they truly were."

THE CANADIAN PRESS

“

I settled for a heterosexual lifestyle because I was scared of rejection.

Coeur de Pirate

# Battles with ticket bots give fans pain in the Hip

## TICKETING

## Online scalping systems prove tragically tough to work around

"I'm angry — I'm sure a lot of scalpers are making money off of the love that people have for the Tragically Hip," said Shawn Hayward from Montreal. "I don't think that's right."

Hayward said he's frustrated that scalpers appear to be using sophisticated software called "ticket bots" that scoop up large quantities of tickets at a time.

Jeff McFayden, who's seen the Hip perform 15-20 times, said he feels "shut out" of their last tour: "When you hear about these bots . . . it's ridiculous."

Each time a new round of Hip tickets was released online for their upcoming summer tour, they were sold out in a flash, leaving fans with unanswered questions:

How many seats were up for sale? How many were available to the general public? Why does it appear so easy for scalpers to get seats? And what measures have the band and its ticket vendor, Ticketmaster, taken to prevent scalping?

Torstar has asked those questions repeatedly of the Hip's promoter, Live Nation, and the band's management company, Eggplant Entertainment, and its vendor, Ticketmaster.

So far, no company will say what it has done — if anything — to block "bot" technology from scooping up tickets for the Hip's Man, Machine, Poem tour.

Nor will anyone say how many tickets for the now-sold-out shows were actually offered for sale to the general public to begin with.

Carrie Davis, chief communications officer for Live Nation, referred questions about ticket sales to Live Nation's subsidiary, Ticketmaster.

Reached by email, Ticketmaster spokesperson Catherine Martin declined to speak on the record. Instead, she directed us to tour promoter Live Nation and the band. Once again, Live Nation told us to talk to Ticketmaster.

Eggplant Entertainment, which is run by Patrick Sambran and Michael Schipper according to documents filed with

There are many reasons why fans had trouble getting tickets, from these so-called "ticket bots" to a demand that greatly outpaces supply. Although no one told us how many tickets were on sale for the whole tour, venue capacity suggests that only about 300,000 people could attend.



**While so many fans want to farewell The Tragically Hip, left to right, Gord Sinclair, Paul Langlois, Gord Downie, Johnny Fay and Rob Baker, many have been left frustrated over and over as buying tickets proved fruitless.** CLEMENS RIKKEN/THE CANADIAN PRESS

the province, did not respond.

This is not to say that the Hip's team did nothing for fans. The band has tried to accommodate the "overwhelming demand" by adding tour dates and redesigning the stage to add more seats to venues.

For the most recent crop of tickets released Tuesday, the Hip limited the number of tickets that could be purchased at one time to just two per order.

But the team remains silent on what steps were taken to block ticket bots. We asked Eggplant and Live Nation what they did specifically to prevent scalping. Live Nation's Davis declined to comment. Again, Eggplant never responded.

For its part, Ticketmaster has come out against ticket bots in the past and has supported anti-bot legislation.

In an interview in May with tech blog Recode, Live Nation CEO Michael Rapino said 90 per cent of purchases during

the first few minutes of a hot sale are bots.

Ticketmaster offers a few services to get at the bots, including tech tools like Captcha. Yet scalping technology is often one step ahead of the vendor, Rapino said.

"It's an arms race," he said.

There are things the entertainment industry can do to stop the bots, says Stuart Ross, an executive at Red Light Management who has been the tour director for such artists as Tom Waits and Weezer.

Credit-card authentication requires the person who bought the ticket to present the card they used to buy the tickets at the gate, which also cuts down on the bots.

Some seats for the Hip's concert did require credit-card authentication, but no one will say how many. Nor would anyone with the Hip's team say what measures they've taken to track suspicious purchases.

Meanwhile, the provincial government is trying to come up with ways to fix the scalping problem.

Ontario has agreed to re-examine its ticketing regulations, which it amended last year to make scalping legal.

### HELLO FROM THE OTHER SIDE

#### Adele takes on the bots

For Adele's most recent tour, the artist had people monitor online ticket sales

for suspicious purchases, such as a big batch of tickets from the same IP address.

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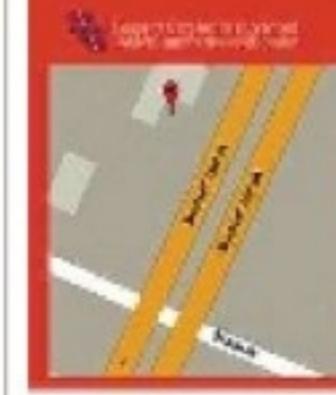
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Chance The Rapper's project Coloring Book was released only on Apple Music. AP FILE

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# Grammy Awards adapt to new era

## REGULATIONS

**Eligibility rules expanded for streaming-only recordings**

Changes at the Grammy Awards include members voting in fewer categories at the 2017 show and songs only released on streaming services being in contention for nomination.

The Recording Academy announced changes Thursday that will impact the 2017 Grammys, to be presented Feb. 12 in Los Angeles. Streaming-only recordings — released on paid-subscription platforms like Spotify, Apple Music and Tidal but not for sale on iTunes — will now qualify for Grammy nominations.

"We noticed that there were a number of higher-profile artists who were choosing — for philosophical reasons as much as anything — to release their music through streaming-only, and we did not want to be exclusionary toward them," Bill Freimuth, the academy's senior vice-president of awards, said in an interview.

last month during the annual board of trustees meeting.

The best new artist category — often revamped to keep up with the changing music industry — will now allow a performer that releases at least five singles to qualify. Previously, acts would have to release an album. Best new artist isn't only for brand-new acts: Acts qualify until they release three albums or 30 singles.

The best rap/sung collaboration, awarded to rap and R&B acts that team up on a track, is being renamed to best rap/sung performance. And the award is no longer exclusive to collaborations: Solo acts who sing and rap on a track, including Drake, Future and Chris Brown, can now compete in the category with a song featuring both vocal styles.

"The effort here is to protect the integrity of the Grammy Awards, and so sometimes

**It's all to best reflect the current state of music in this country.**

Bill Freimuth, senior vice-president of awards

Some acts, including Prince and Beyoncé, have exclusively debuted music on Tidal. They later released the music on iTunes and other platforms. Chance the Rapper's project, Coloring Book, was released exclusively on Apple Music and will have a chance to compete.

Other changes include the number of categories that Grammy members can vote in, which is reduced to 15 from 20. That number doesn't include the top four categories — album of the year, song of the year, record of the year and best new artist — which all members are allowed to vote in. They were approved

that means typing up some rules, and sometimes that means loosening up some rules, sometimes that means contracting a category, sometimes that means adding a category," Freimuth said. "It's all to best reflect the current state of music in this country."

Other changes include splitting best blues album into two categories: best traditional blues album and best contemporary blues album.

Songs and albums released between Oct. 1, 2015 and Sept. 30, 2016 will be eligible for nomination at the 2017 Grammys. Nominations will be announced Dec. 6.

THE ASSOCIATED PRESS

## MOVIE BRIEFS

### Ricky Gervais secures spinoff *Office* film

Ricky Gervais is reopening The Office for a spinoff movie to stream on Netflix.

The service announced Thursday that it has acquired the film, in which Gervais will reprise the painfully awkward David Brent. In David Brent: Life on the Road, a documentary crew catches up with the former boss 12 years after The Office. Brent is now a travelling salesman pursuing his rock 'n' roll dreams with

his band Foregone Conclusion.

The film will premiere in most counties on Netflix next year, but will receive a theatrical release in August in the U.K., Ireland, Australia and New Zealand.

Gervais, who recently released his film Special Correspondents with Netflix, said he's "so glad the mighty Netflix have once again outbid all competitors in North America to show my movie exclusively." THE ASSOCIATED PRESS

# Dark inspiration behind Strumbellas' upbeat hit



**Recording artists Simon Ward, left, and Dave Ritter of The Strumbellas** perform onstage in Irvine, California. Ward says the band's ultra popular hit Spirits originated from a bad time in his life when he was on tour and away from his family. KEVIN WINTER/GETTY IMAGES FOR CBS RADIO INC.

## MUSIC

## Singer Simon Ward says song came from bout of depression

Ryan Porter  
Torstar News Service

After eight years and 500 live shows, Simon Ward's folk-fuelled rock act The Strumbellas cracked the mainstream this Spring with their chant-along single Spirits.

"We're going down to the States and going across to Europe and people are singing along to our songs," Ward says over the phone from his hometown of Lindsay, Ont. "It's really fun to watch to be honest."

The single hit number one

on Billboard's U.S. Alternative chart, and was number one for seven weeks at Canadian alternative radio.

Shazam ranked it fifth on a list predicting the almighty song of the summer, reporting that over a million people have used the app to identify Spirits.

While the catchy chorus captures the brightness of the summer season, the tune sprang from a dark place.

Singer Ward wrote it during a period of depression during a seven-week North American tour away from his wife Amy; son, Theo, 5; and daughter Frances, 2, who was

then just a newborn.

"I was going through an exceptionally hard time and this song and most of the record was just about, I'm not happy," he says. "I felt like a loser. A lot of doubt, a lot of lack of self worth. Spirits and most of the record (Hope) is just about, I feel down, I don't feel like a good person, I don't feel like I'm doing a good job, but I'm going to try."

The message clicked with fans, who have seen their own experience reflected in Ward's lyrics.

"I had a guy email me and say, my wife passed away last year and literally when people

ask me how I feel, I just want to play them Spirits," he says.

"I've had a lot of people in the military email me and say this song is helping me through post-traumatic stress.

"The general overall theme is people that are going through hard times in their head."

With the song destined for dock parties and campfires throughout cottage country this summer, Ward is enjoying the success, but can't help associating it with his ongoing off-stage struggles.

"I think the record came out really cool but I had to go through a lot of years of sadness," he says.

"Would I trade being a happy person for not writing music? Maybe, because I'm not a happy person generally. I'm so happy that the music is connecting with people but I've got to go through a lot of stuff myself."

**I was going through a hard time and this song and most of the record was just about, I'm not happy. I felt like a loser. A lot of doubt, a lot of lack of self worth.**

The Strumbellas frontman Simon Ward

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## COMICS

## Perfect drop-in for fresh Dredd heads

Judge Dredd: Titan  
BY: Rob Williams and Henry Flint  
PUBLISHER: Rebellion  
144 pages, \$22.99

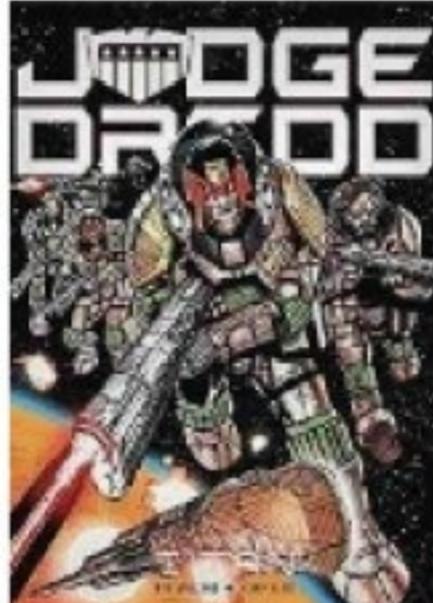
**Mike Donachie**  
Metro | Canada

Judge Dredd has been busting heads in British comic books for nearly 40 years, so it can be a head-buster to know where to start reading. This compelling new collection would do just fine.

The titular character hands out street justice in the ultra-violent Mega City One, the America of 122 years from now, and, as a big-chinned fascist who's seen everything from nuclear war to underground werewolves, he doesn't hold back.

This self-contained story takes him to a penal colony on one of Saturn's moons, to battle hundreds of former colleagues who fell from grace and hate Dredd. A lot.

It's a great tale by top creators, but makes reference to past events, which is hard to



Judge Dredd: Titan is a good starting point for the long-running series CONTRIBUTED

avoid when the story has been running weekly in 2000 AD comic since all the way back in 1977.

So, for an even better access point, pick up Judge Dredd: Complete Case Files numbers 4 or 5, which have some of the best material involving co-creator John Wagner.

They'll show that Dredd is the law, and you'd better believe it.



JOHANNA SCHNELLER WHAT I'M WATCHING

## Irony has no place in variety

**THE SHOW:** Maya & Marty, Season 1, Episode 2  
**THE MOMENT:** The skinny microphones

Series co-star Maya Rudolph and guest Tina Fey, wearing form-fitting evening wear, struggle to climb onto absurdly high stools. "It's always been a dream of mine to host a variety show where I can perform with my friends," Rudolph says.

"I was the same," Fey replies. "On Saturday nights to watch Carol Burnett, I'd put on my fanciest nylon nightgown, mix orange and cream soda in a champagne glass, and imagine I was part of it. That's why I was able to stay a virgin until my mid-20s."

Someone hands them comically long, skinny microphones, with cords. "I love delicate '70s mike work," Fey says. The two launch into a medley of AM radio tunes, highlighted by Rudolph's impression of ... Charo.

That's when I knew this series would not meet my high hopes for it. Charo may be a punchline now, but there was nothing ironic about the jiggly chanteuse's near-constant



Martin Short and Maya Rudolph need to find a more fitting balance to their variety. CONTRIBUTED

appearances on the 1970s variety circuit. (I watched them all; Carol Burnett, sure, but also Glen Campbell, Flip Wilson, Tony Orlando and Sonny and Cher.) Irony is the enemy of the variety format. It demands sincerity, even at the risk of embarrassment.

But in this iteration, seg-

ments veer between explaining the concept, satirizing it or paying inexplicable homage to its mouldier traditions (see Steve Martin's desperate ventriloquist routine featuring the other co-host, Martin Short).

The only way to make this show work is to contemporize variety. Otherwise it's nothing

more than a community college media studies class with really expensive production values.

Maya & Marty airs Tuesdays at 10 p.m.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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# Welsh corgi shakes it off

## PET PSYCHE

## Puppy named Taylor Swift on beards, stairs, and the Queen

Most adoring pet owners would do anything for their cherished companions, but could they speak for their furry or feathered or finned friends and tell us what they are thinking?

To find out, we're putting pet owners to the test with the personality questionnaire made famous by French novelist Marcel Proust. Meet Rayanne Langdon and Taylor Swift.

When Langdon first brought Taylor home a year ago, she quickly discovered her Pembroke Welsh corgi is a magnet for attention.

The moment they venture out of their downtown Toronto loft, people are in awe.

"Corgis are rare, and she looks like a little fox," explains Langdon, who is so used to the adoration now she admits to feeling a little disappointed when people don't stop her to admire Taylor.

When relaxing at home, the arrival of Taylor's BarkBox — a monthly care package for canines — ensures Langdon's yuppie puppy always has upscale treats and seasonally themed plush toys to keep her healthy and entertained.

### What is Taylor's current state of mind?

Life is awesome! I'm alive and everybody loves me.

### What would Taylor's favourite occupation be?

A Walmart greeter. There's never a person that she doesn't want to say 'hi' to. She doesn't want to help you do your shopping — she just wants to welcome you, give



**Rayanne Langdon, Julian Lord and Taylor Swift (Their Pembroke Welsh Corgi), are the subjects of our pet Q&A.** Taylor (for short) is just ten months old and was named by the breeder due to her diva personality. Taylor loves to play fetch and is full of personality.

TORSTAR NEWS SERVICE

you a kiss, and let you go have a good time.

time. It's hilarious.

### What does Taylor consider her greatest achievement?

Using the stairs. They're hard for her because her legs are so tiny. I used to carry her upstairs when I took her to work with me, but now that she's grown a little I let her go and she runs up them. And going down them — other dogs walk but she hops like a bunny, two at a

### What is the quality Taylor most likes in a man?

A beard — which oddly enough, is exactly what I like in a man as well!

### What is Taylor's greatest fear?

Grates in the sidewalk. In puppy school they actually put down fake ones to help them learn to walk over them but she never would.

### What is Taylor's most treasured possession?

Either the purple ball or the orange ball — the orange one is the outdoor ball. That one's probably more special because she knows she's going outside.

### What does Taylor dislike about her appearance?

It might be the fact that she doesn't have a tail. I think she sometimes gets tail envy when she sees her friends at the dog park.

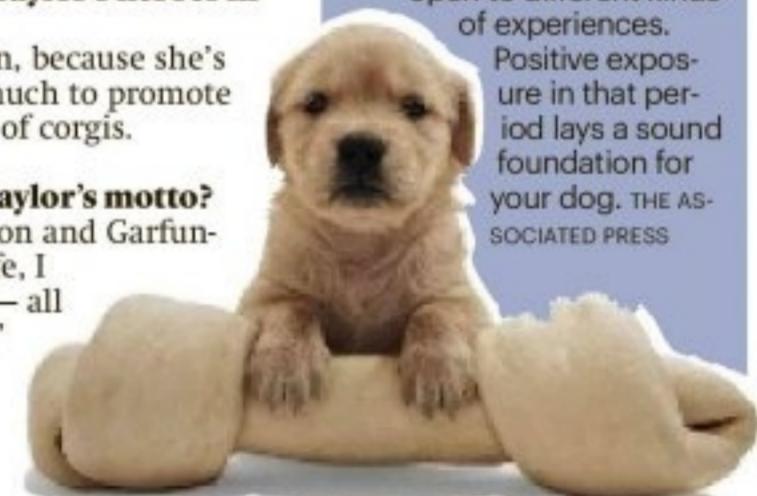
### Who are Taylor's heroes in real life?

The Queen, because she's done so much to promote the cause of corgis.

### What is Taylor's motto?

From Simon and Garfunkel — "Life, I love you — all is groovy."

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## + PET BRIEF

### How to avoid some dog-gone training mistakes

Everyone says it: One year for a dog equals seven years for a human. But like a lot of things everyone says, it's wrong.

Dogs do have life stages a lot like humans', but the math isn't that straightforward. To start, a 1-year-old dog isn't equivalent to a 7-year-old human.

"If you look at a 1-year-old dog, he's sexually mature," says veterinarian Dr. Marty Becker. "They still have a little filling out to do and they're not completely mentally mature, but they're full adult size."

Veterinary behaviourist Dr. Lisa Radosta suggests thinking of a 1-year-old dog as roughly mentally equivalent to a 13-year-old human. This means that a lot of development is packed into your puppy's first year.

"If I keep my human baby home for the first year of her life, it doesn't matter," Radosta says. "But if you wait with a dog, you now have a teenager on your hands — a teenager who's never seen a UPS truck, never seen a man in a hat, never seen a dog who barks at him."

That's why it's critical for puppies to get out and learn about the world during that first year. Within the first four or five months, they go through distinct periods when they are most open to different kinds of experiences.

Positive exposure in that period lays a sound foundation for your dog. THE ASSOCIATED PRESS

# Reinventing more than just a home

## INTERVIEW

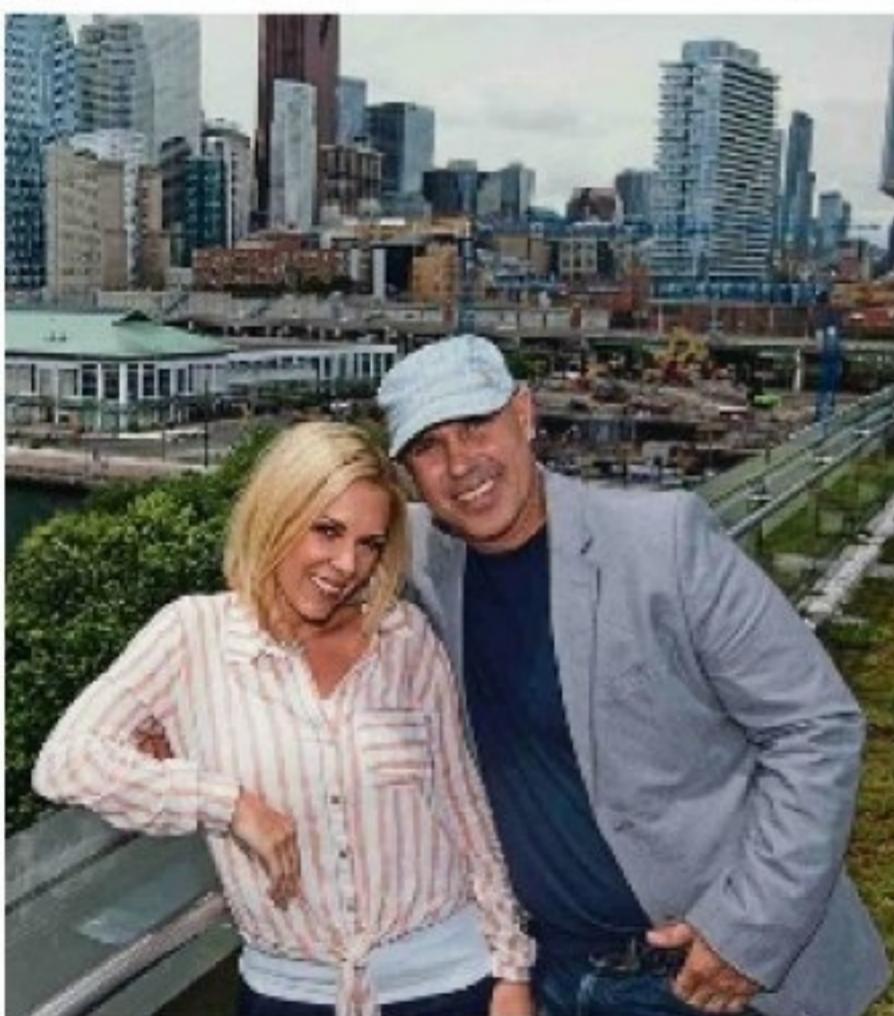
## Wilsons flip the script as they master renos and teamwork

Kortney and Dave Wilson must really, really like each other. That is the only conclusion when you factor in the amount of time the married stars of the real estate reality show Masters of Flip spend together.

They have had two intertwined, high-pressure and public careers, first in the music business and now on television. The couple also shares three children. Season two of their hit house-flipping show just debuted last week, and they are in Toronto to flog it.

"Are you cold, honey?" asks Dave as the couple poses for publicity stills on the rooftop of the Corus building on the Toronto waterfront. They're snuggled up in the damp breeze coming off the lake, at ease showing intimacy to the cameras. Dave looks down at his wife in the crook of his arm and smiles with such warmth that the makeup artist, who works with them all the time at their home base in Nashville, lets out an "Ahhh."

The cliché goes that renovating with your spouse is a recipe for divorce. That is the underlying tension, and wit, of Masters of Flip: Kortney and Dave have a sexy couple's negotiating style as they work through the inevitable rotten plumbing surprises and gnarled electrical wiring you find when you open up a 100-year-old home. This, say the Wilsons, is known as



**Kortney and Dave Wilson have a lot on the line in their reno show Masters of Flip.** KEITH BEATY/TORSTAR NEWS SERVICE

"the oops factor," and it is what keeps us tuned in.

Reality shows are about heightened reality, and the couple has to be able to deliver the requisite conflict without leaving scars. "After all," says Kortney, "our kids are watching the show!"

Dave hails from Ottawa, and Kortney is from Ayr, Ont.. The two met in Nashville, where both had landed to pursue contemporary country music dreams. They went on to record as a duo. Kortney grew up in musical theatre and doing TV commercials, and she landed a summer stint on a soap opera.

When the bottom fell out of the economy in 2008, the couple switched gears from singing to hammering. Kortney, who has absorbed more than her fair share of southern sunshine and hospitality, became the real estate agent of the team, and she takes over the decorating duties on-site.

"As an agent, I know where to spend the money," she says. "And Dave is really good at what areas are going to be the next big thing. Location, as they say, is the key."

The petite, blond dynamo scours the East Nashville market, a funky and diverse neighbourhood where the family also lives, for likely properties. The couple has since flipped more than 80 houses, with Dave doing what he describes as the less-sexy guts work, "the plumbing, electrical and HVAC placement."

The Wilsons are selling reinvention, of themselves and the houses they take from sow's ear to silk purse. Each flip delivers a victory-over-adversity narrative, against the backdrop of the

couple's compromise. You get to feel like you have accomplished something as they actually do.

"Yes, we are really busy," says Kortney. "Luckily, for now, we all thrive on it. But balance? I don't know what balance is."

Theirs is a high-wire act in practical, financial terms: "Look, we own five to 10 properties at any time," says Dave. "Imagine if the market turns?" The couple does not employ tricks

customary to the TV trade such as sponsored product, so their financial butts are on the line. Having skin in the game ups the drama quotient.

**You can lose your shirt in a heartbeat.**

Dave Wilson

The couple flips all year, and they shoot every day. "We need to get the scene," says Kortney. "If the crew sees something go wrong, like Dave can't put in the coffered ceiling I have my heart set on, they want to capture the reaction live."

Clearly they thrive on the rhythms they have created together. Says Kortney: "We are drawn to each other's logic." And they keep their duties on

set and on site clearly defined, and separate.

But the real secret might lie with Dave, who uncharacteristically gets the last word on the mystery of their kinetic compatibility. "I say a lot of 'Yes.' And 'You're right.'" An approach that works better in real life than on TV.

Masters of Flip airs Tuesdays at 10 p.m. on W Network.  
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# Shedding light on new bulb terms


**HOME TRENDS**

## From LEDs to lumens: A guide to illumination

Anyone who has stood in confusion in the light-bulb aisle (and that's most of us) knows that technology and the push to save energy are continuing to flip the script on home lighting op-

tions. The good news is the new bulbs are much more efficient than old-school incandescents, and give designers the freedom to move beyond the standard bulb-lamp-fixture configuration.

"The new types of light bulbs, LED in particular, let light-fixture designers create all kinds of lighting designs and fixture designs that they could never create before," says Karman-Hotchkiss, executive editor of Decor magazine. "There are a lot of new shapes out there."

There are a lot of really artistic interpretations of lighting, things like sparkle and effects that designers couldn't create with old-fashioned incandescent bulbs."

A primer on the latest in a changing technology:

**Terms**

For consumers, the big switch has been letting go of the concept of wattage, which is associated with brightness but actually measures energy use. Today's

bulb brightness is measured in lumens. Old incandescent bulbs needed about 60 watts to produce 800 lumens. Compact fluorescents (CFLs) use around 15 watts to get to the same brightness, and LED (light-emitting diode) bulbs require only about 10 watts to get to 800 lumens.

Another major change is use of the colour temperature scale based on heat, as measured in Kelvins, not Celsius or Fahrenheit degrees. The higher the heat, the cooler the colour —

which makes sense if you've ever looked at a flame and seen the blue at the hot centre.

While we typically don't think in Kelvins, this is a more precise way to define the relative whiteness of a light source, says Joe Rey-Barreau, a Kentucky architect and lighting designer who serves as an educational consultant to the American Lighting Association. If you see a bulb marked "daylight," you may be thinking about a warm afternoon light when the manufacturer means the much cooler colour of the sky. A point of reference: The warm, orange light of the old incandescents burned at about 2,700K.

**Packaging**

Manufacturers are still printing wattage-equivalent numbers on packaging for reference, and on the back you'll now find a required "Lighting Facts" information box — modelled after nutritional labels — listing lumens, estimated yearly energy cost, life span, light appearance and energy used. Incandescent bulbs, by the way, haven't been banned. Manufacturers had to change the gas used inside them and make them more efficient.

So, the old 100-watters are available as 72 watts; the 75-watt bulb is 52 watts.

**LEDs**

The trending technology is the

LED. Introduced in the '60s, these bulbs used to be low-intensity and limited to red light. But recent developments have allowed for bright LEDs. The LEDs of the early 21st century tended to have a bluish cast, but LEDs now are available in a wide spectrum of colours.

Because LEDs use solid-state chip technology, they can be made very small and in various configurations. For instance, there are easily installed under-cabinet strip-lighting options, as well as lights for the kick-toe space near the floor, says Hotchkiss.

Tiny LEDs can be embedded into a fixture, such as a lamp itself, instead of the lamp having a holder for the bulb. There are even LEDs that resemble old-fashioned light bulbs with a visible "filament."

LEDs cost more than conventional bulbs but last longer and use less energy, and prices are dropping, says Rey-Barreau.

For now, it's mostly lighting designers who are experimenting with the more extreme lighting possibilities of LEDs, such as installations that change colour.

But there are fun options for homeowners, too, Hotchkiss notes. GE, for instance, has a C-Life bulb that is Bluetooth-enabled and can be dimmed or turned off via a phone app.

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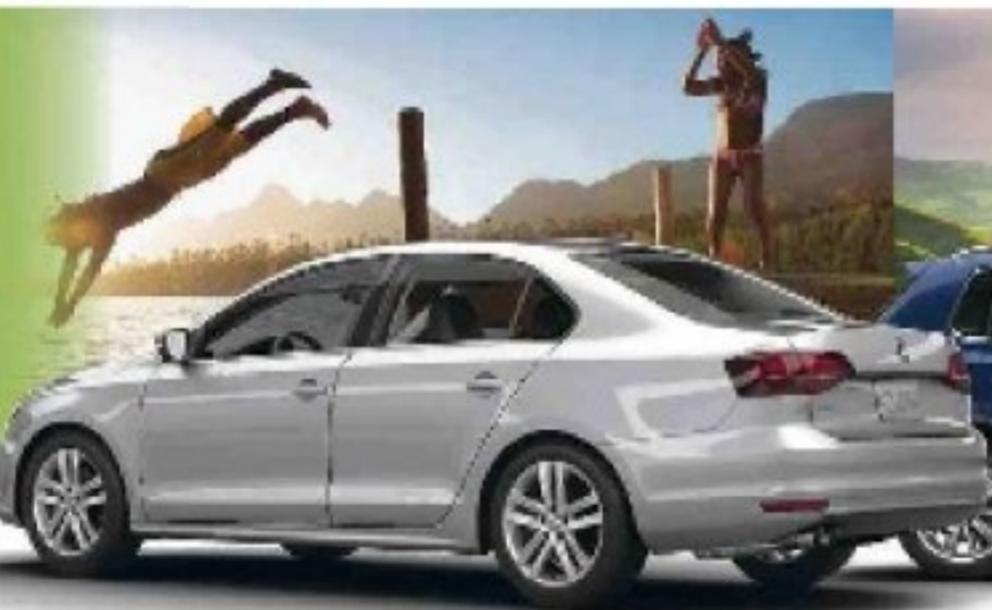
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# Feel the best kind of burn

YOGA

## Kindling can light flame for a Fire Log Pose

**YuMee Chung**  
Torstar News Service

The word Agni means fire in the language of yoga and agnistambhasana is Fire Log Pose, an intense hip opener that requires some real patience to master. Let me show you how to refine and deepen Fire Log Pose with a combination of two isometric exercises we call Kindling Pose.

### Kindling Pose

1. Begin in a seated position on the floor with legs outstretched and spine long.
2. Test out your Fire Log Pose by folding both knees and stacking right shin over left, with right ankle directly above left knee. Do your best to bring the shins parallel to the front border of your yoga mat and flex both ankles while keeping them from collapsing to their pinky toe sides. Look for an isosceles triangle defined by your inner legs. It is extremely common in Fire Log Pose to have a sizeable gap between right knee and left foot, so not to worry.
3. To do the first part of Kindling Pose, interlace your fingers around the outer right knee and press the knee down strongly into the hands while pulling upwards and resisting the action with your arms. Stay for five breaths.
4. For part two of Kindling

Pose, access the opposite movement by stacking your palms and pressing down onto the right knee while resisting upwards with the leg as if you intend to pivot your right shin up to a vertical position. Count five breaths.

5. Finish by retesting Fire Log Pose on the right side. Notice any differences in the way your hips feel and observe whether you have made any gains in flexibility.

6. Repeat steps one through five on the other side.



Kindling Pose at Black Creek Pioneer Village. MARCUS OLENIUK/TORSTAR NEWS SERVICE

### Playing with Fire

If Fire Log Pose is painful for ankles, knees or hips, you can sit on the edge of a folded blanket and build the actions of Kindling Pose over a straight bottom leg by crossing the top ankle over the opposite knee.

YuMee Chung is a recovering lawyer who teaches yoga in Toronto. She is on the faculty of several yoga teacher training programs and leads international yoga retreats. Learn more about her at padmani.com.

RESEARCH

## Breaking down the secrets of the brain

### HOW IT WORKS

BigBrain, a computerized 3D neurological map based on the brain of a deceased 65-year-old man, provides a spatial resolution of 20 microns — 50 times more refined than previously existing reference brain studies.

Increasingly, scientists are turning to advanced computational technology as a means of unlocking the secrets of mankind's central processor.

"I think we're in transition in society where we're surrounded by the information revolution on all sides, obviously with Facebook and iPhones, and so information and computation is coming to every aspect of our lives," said Dr. Alan Evans, a professor of neurology and neuroscience at McGill University and a researcher at the Montreal Neurological Institute. "And neuroscience is no different."

Evans' research lab is among those at the international forefront of programs to digitally map the human brain, including one known as the BigBrain Project first announced in 2013.

On Wednesday, McGill an-

nounced its researchers had been given a major boost in their efforts to peer even closer into the depths of the brain with the donation of \$1 million in state-of-the-art visualization and data-storage technology from EMC Corp.

"With that one project, the BigBrain alone, we're operating at about 20 microns, which is about half the width of a human hair," Evans said from Montreal, noting that the new technology will allow much greater resolution.

"If we go down to 10 times smaller — about two microns — we will be able to see individual brain cells."

TORSTAR NEWS SERVICE

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# Kids putting up a screen around sleep

STUDY

## More swiping, less slumber taking its toll on our youth

Almost a third of Canadian school-aged kids are sleep-deprived while most are spending too much time staring at screens, suggests an annual report on children's health.

For the first time, the ParticipAction Report Card on Physical Activity for Children and Youth looked at the amount and quality of children's sleep, and found that many are not getting enough shut-eye.

The problem seems to be too little exercise and too much screen time — a double whammy that means kids "aren't moving enough to be tired, and they may also be too tired to move," according to the study.

"Because of screens in their bedroom, because of holding their cellphone under their pillow, because they didn't move very much in that day and frankly are not fatigued, (kids) get a disrupted night's sleep," says Dr. Mark Tremblay, lead researcher for the ParticipAction Report Card.

"(They) wake up somewhat fatigued, withdraw from physical activity a little bit the next day, slouch around more and then of course are not physically tired the next night. They have another bad night's sleep, and so on."

For the fourth year in a row, the report card handed out a

D-for overall physical activity, based on findings that only nine per cent of kids aged five to 17 get the recommended minimum of 60 minutes of "heart-pumping activity" a day.

The worst grade was an F for sedentary behaviour, with only 24 per cent of five- to 17-year-olds coming under the recommended daily maximum of two hours of recreational screen time. High school students spent an average of 8.2 hours in front of a screen, according to the report.

Kids did get a relatively high grade for sleep, earning a B, even though about one in three aren't getting enough rest. Tremblay says he suspects the grade should be much lower, since sleep data was provided by parents instead of being determined by an objective monitoring device.

Tremblay, also director of an obesity research group at the Children's Hospital of Eastern Ontario Research Institute in Ottawa, says the effects of chronic sleep loss can be devastating, since it is linked to higher rates of depression and suicidal thoughts. Too little sleep can also cause hyperactivity, obesity and difficulty in problem solving.

"It is not unrelated to the issues that are going on in Woodstock right now and the mental health issues that are going on there," says Tremblay, referring to a recent spate of suicides in that southwestern Ontario town involving five people under the age of 20.

"I don't know the circumstances in Woodstock but we

deal with these at the hospital in Ottawa here.... It seems to me highly unlikely that they are unrelated to a disconnect

with nature, the outdoors, society, movement, good sleep and an excessive connection with flashing screens, with

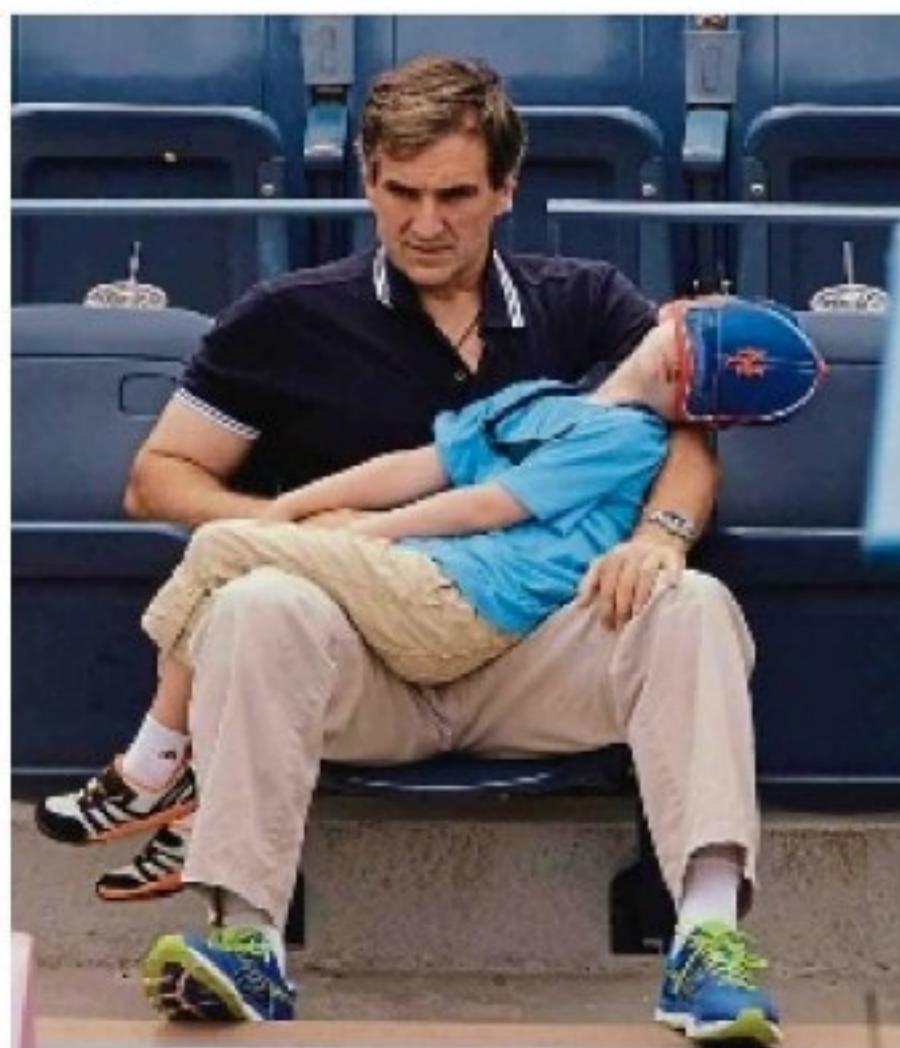
how many 'thumbs up' in your Facebook page and these sorts of things."

A child who meets their minimum daily exercise goals can still be unhealthy if they also dive into a TV marathon or play video games into the wee hours, say the researchers.

"There's no one easy solution to change the D- to an A, it's a complex problem that involves a number of factors

and involves a number of key stakeholders from parents, obviously, to kids themselves, to policy makers, to schools," says ParticipAction president Elio Antunes.

The ParticipAction report card, which synthesizes data from multiple sources including peer-reviewed research, will shift to a bi-annual release, with the next report coming in 2018. THE CANADIAN PRESS



Almost a third of Canadian school-aged kids are sleep-deprived while about a third of adolescents have a hard time staying awake during the day. KATHY WILLENS/THE CANADIAN PRESS

### ELEVEN GOOD HOURS

The study found 79 per cent of five- to 13-year-olds get the recommended nine to 11 hours of sleep

per night while 68 per cent of 14- to 17-year-olds get the suggested eight to 10 hours per night.

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## CREATIVITY

## 'Mad House' exhibit straddles art, design

Imagine a house containing a towering bronze pitchfork and shovel that will never be used for gardening; a working vacuum cleaner — topped with the gilded bust of a horse — that will never clean floors; and an oversize saucepan (made of crystal, bronze, wood and gilding) that will never find its way to the stove.

The art and design duo known as Studio Job specialize in creating works inspired by household goods but never intended for use.

Now, the Museum of Arts and Design in New York has transformed two floors into a "Studio Job Mad House," featuring some of these eye-popping designs.

The exhibit, which runs through Aug. 21, is set up as an imaginary house of an imaginary collector of Studio Job's works. It exudes a sense of history, fantasy, irony

and opulence.

The design team, founded in 1998, is composed of Belgian conceptual and 3D designer Job Smeets and Dutch graphic designer Nynke Tynagel. Their works straddle art and design, and nod to medieval traditions of patronage by producing monumental works in high-end materials like bronze, crystal and gold.

"They tend to react to what is common and do the exact opposite, challenging the perception of what is normal," says Ronald Labaco, a senior curator at the museum who organized the exhibit.

The works, many commissioned by patrons, rely on ancient crafts like bronze casting, gilding, marquetry, stained glass and faience, all with a contemporary perspective.

THE ASSOCIATED PRESS



The exhibit features the eye-popping work of Belgian art and design duo Studio Job. THE ASSOCIATED PRESS

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# Tricks to a shiny sole

## LIFE HACKS

## Make the rubber base on your sneakers white as new

Here's an investigation of four popular methods for polishing the white rubber on sneakers, to see which works best.

## The problem

Some sneakers only look good if they're sparkling clean and brighter than the whites of your eyes.

A few scuffs and skid marks, especially on the thick rubber that wraps around the base, could be enough to cause some wearers to take them out of their springtime rotation.

## The solution

Life hackers have long debated the best way to restore shoe rubber to a state of blinding whiteness, using such tools as sandpaper, Windex, detergent and assorted hair products.

But we'll stick to the four most commonly cited fixes.

## The shoes

Four pair of sneakers in various states of unwearable.

We will clean one shoe out of each pair, leaving the other foot dirty for comparison.

## The tools

We're testing out four solutions — white toothpaste, baking soda, Borax and a Mr. Clean Magic Eraser — to see which works best, using water and old toothbrushes to scrub the solvent into the rubber.

## Test 1: Toothpaste

We're off to a good start. The toothpaste is easy to scrub onto the rubber, and most of the scuffs come out with just a bit of brushing.



Toothpaste, Borax, baking soda or Magic Eraser: Which works best to whiten white rubber? Read on. TORSTAR NEWS SERVICE

And the minty shoe has never smelled better!

## Test 2: Borax

Disappointing.

We stirred crystals of common household Borax in hot water, then rubbed the solution on the rubber, but judging by the result, it didn't have much more effect than water alone.

## Test 3: Baking Soda

This worked a bit better than the Borax, possibly because the soda dissolves more easily in water, though the result

is hardly good as new. In fact, it's hard to tell which shoe got treated.

## Test 4: Magic Eraser

This Mr. Clean product is frequently recommended, so we had high hopes.

Sure enough, it worked wonders on my dirtiest, most well-worn sneaker, and didn't take much effort to make the rubber appear nearly pristine.

Way to go, somewhat creepy bald mascot!

## Lightning round

So which works better, the

eraser or the toothpaste? We give two more dirty shoes another scrub, so that now we have two pairs in which each shoe was cleaned using a different product.

Both do a decent job, but Mr. Clean has the obvious edge.

## Conclusion

If all you've got is toothpaste, use it.

But you're better off with the Magic Eraser.

Just keep it out of your mouth.

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Just as your home needs a great foundation, so too does your garden. Don't cheap out on soil. DREAMSTIME

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Seek young and vigorous plants. These plants have equally enthusiastic roots which equal a fast and healthy start in your garden.

# It all starts with the plan

## GARDENING

### Expert shares five tips for great landscaping

**Mark Cullen**  
For Torstar News Service

You see them early in the morning, travelling in herds — spectres in the mist. The first sighting usually involves a club cab pickup truck full of brightly vested, coffee-toting professionals, often with a trailer in tow, loaded with plants, equipment and dirt. Inside the cab are the implementers of the plan: The

landscape plan. What are their secrets to doing great work? Here are my top five tips for a great garden installation:

#### 1 Secure a plan

When you consult with a garden designer whose full-time job is landscape/garden planning, you will learn short cuts to a great-looking garden. To find a good designer, go to a reliable garden retailer for a reference or an industry association. Note that they are in their high season right now, so there will likely be a wait.

#### 2 Great dirt

Would you build a house without a foundation? Of course not. Buy the very best soil you can to create a home for the roots of your new plants.

What soil? "Triple mix." It is

30 per cent top soil, 30 per cent peat moss, 30 per cent finished compost and 10 per cent earth worm castings. There is really good and really bad triple mix out there, and for the most part you will get what you pay for. Ask an experienced gardener or a high-quality garden retailer to steer you toward a reliable soil supplier.

#### 3 Dig down

The area where you wish to create new planting beds needs proper preparation. This is grunt work, no kidding. If you have clay-based soil, dig down 30 to 40 centimetres. In extreme cases, you will have to use a pick axe to do the job. Be sure your digging tools are sharp. I put mine on a grinding wheel every time I use them. Bring

in a disposal box and have it dropped on your driveway and be sure the front of the box opens flat to the ground so you can wheel the waste soil into the back of it.

Replace the old soil with the new triple mix and add 20 centimetres. Mound it high as it will settle over time to grade.

#### 4 Buy quality plants

I've seen a lot of effort go into soil prep only to feature second-rate plants.

When shopping for annuals, look for dark green foliage and not too many flowers. The pot should not be more than 60 per cent roots — if it is root bound, with roots twirling around the inside of the pot, pass on it.

Perennials grow surprisingly quickly, so avoid the one- and two-gallon specimens if you

want to save money.

Trees, shrubs and evergreens should look healthy, with no yellowing leaves. Slipping them carefully out of the pot to examine the roots is a good idea. Be respectful that the retailer has to sell the plant if you don't buy it.

#### 5 Dig wide, plant high

Plant trees more wide than deep. Most trees spread their roots horizontally rather than straight down. If the root mass of the plant is 50 centimetres

deep, dig the hole about 60 centimetres deep and line the hole with enough new soil that the plant stands several centimetres above grade once planted. Make sure water runs away from it. In the long run, the tree will thank you with excellent performance.

Mark Cullen is an expert gardener, author and broadcaster. Get his free monthly newsletter at [markcullen.com](http://markcullen.com). Follow him on Twitter @MarkCullen4.



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The Humble Administrator's Garden in Old Town is filled with Bonsai trees, ancient bridges and droopy willows. ALL PHOTOS JENNIFER WEATHERHEAD HARRINGTON

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# The ethereal beauty of Suzhou

THREE DAYS

**With canals and romance, this city is the Venice of China**

**Jennifer Weatherhead Harrington**  
For Metro Canada

If you find yourself in Shanghai looking to escape the hustle, just two hours away by car is the romantic city of Suzhou, with stunning canals, gardens and temples.

Start by dropping your bags at Jinji Lake Grand Hotel, a swanky spot in the trendy, industrial part of Suzhou.

Next, drive into Old Town to visit Humble Administrator's Garden, Suzhou's largest, most famed garden.

Built in 1509, the perfectly manicured Bonsai trees, droopy willows, ancient bridges, canals and ponds lend it an ethereal beauty. Drop by the nearby Suzhou Museum for a quick stroll before indulging in noodles at Tong De Xing Noodle restaurant.

Walk off your feast on historic Pingjiang Road, hunting for locally made textiles in the silk capital of the world before taking in a traditional show at Kun Opera where performers sing about love and heartache while you sip on freshly



No trip to Suzhou is complete without a canal ride.

brewed tea.

You can't be in the Venice of China without taking a canal ride. Request an early-morning wakeup on Day 2 and bus or taxi to the area of Tongli. Hire a gondola and spend the afternoon cruising the calm waters.

Afterwards, cross over the famous Taiping, Jili and Changqing archway bridges and, as legend has it, you'll be granted good luck for your future wedding. Then walk the water's edge, populated with shops and casual food options for lunch. Freshly made dumplings are seemingly at every second stand and you'll smell the traditional "Stinky Tofu" dish as you wander — if you're brave, give the fermented fave a try.

A dinner at intimate vegetarian restaurant Xi Shan Tang allows you to explore the local cuisine options outside of noodles and tofu. Be sure to

book well in advance as they are reservation only.

Day three's journey should be to Tiger Hill. The impressive Bonsai tree garden boasts hundreds of the trees, including one that's more than 400 years old. Then make your way to the 1,000-year-old Tiger Hill Pagoda Huqiu Tower, which is older than the Leaning Tower of Pisa and features an even more dramatic lean.

A stop on your way back to the hotel at a traditional tea plantation and tea house to learn the art of Biluochun, or green, tea making will give you a new appreciation for the much-loved drink.

End your weekend with a meal at the ultra luxe Lamborghini Hotel. The set French menu of pan-roasted lobster, foie gras and truffle mushroom soup will cost you, but the splurge is worth it.



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**Doorways in Montevideo's Ciudad Vieja, or old city. A variety of architectural styles can be found in Uruguay's charming capital city.** MICHELLE LOAKE/THE ASSOCIATED PRESS

# Sunny sidewalks, seaside strolls and so much steak

URUGUAY

## Cut into fillet of Montevideo and savour its myriad charms

Uruguay's capital city, Montevideo, may not be as well-known to international travellers as some of Latin America's other destinations. But there's plenty here to see and do, and it's a relatively short hop and worthy side trip from Buenos Aires.

Laid-back and friendly, Montevideo has a mellow vibe. Experience it as you savour a tasty chivito (steak sandwich) at a sidewalk café, or on a sunny stroll along a wide sandy beach. Here are a few suggestions on making the most of your visit.

### What's new?

The renovated Mercado Agricola, 2220 Jose L. Terra, has everything from asado (bar-

becued meat) to gelato to hand-crafted gifts. It can be less crowded than the more-famous Mercado del Puerto and is home to cafés and a small brewery. Open daily from 9 a.m. to 10 p.m.

Another rejuvenated classic is the Sofitel Casino Carrasco and Spa. Formerly known as the Hotel Carrasco, the beach-front luxury hotel opened in 1921. Albert Einstein stayed here in its early years and the Rolling Stones were recent guests.

### Classic attractions

Although it can get busy, the Mercado del Puerto in the Ciudad Vieja (old city) is worth a visit. A popular spot for asado is El Palenque.

For a dose of history, try the Legislative Palace. Highlights include uniformed guards watching over the glass case containing the national constitution.

Open from Monday to Friday, visits by guided tour only (available in English) at 10:30

### + TRAVEL TIPS

Uruguayan eat dinner late, as late as 11 p.m. on weekends, but you can find places ready to feed you by 8 p.m. (though it will be quiet if you're that early). The city feels relatively safe, but be alert, especially at night.

a.m. and 2:30 p.m.

Enter from Avenida General Flores.

Plaza Independencia (Independence Square), at the beginning of Avenida 18 de Julio is a good place to take photographs.

You'll find the Puerta de la Ciudadela (Citadel Gate), a remnant of walls that once surrounded the Ciudad Vieja, and a statue dedicated to national hero Gen. Jose Gervasio Artigas.

### Hanging out

The Rambla runs about 27

kilometres along Montevideo's coastline. Take a stroll or rent a bike to explore the wide, sandy beaches.

Walking around the old city is the best way to take in the city's mix of architecture; the pedestrian thoroughfare, Peatonal Sarandi, is the main drag and will take you past art galleries, shops and street stalls.

Check out the traditional calabash gourds and metal straws used to imbibe yerba mate (ma-TAY). The drink is hugely popular and it's common to see people walking with gourd in hand and a vacuum flask of hot water tucked under their arm.

On Sunday mornings you'll find an open air market on Tristan Narvaja and surrounding streets, starting near Avenida 18 de Julio.

Places near Montevideo worth a visit include the Atlantic resorts of Punta del Este and the somewhat quieter Jose Ignacio.

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# Day in the lyrical life of a city of stories

NEWFOUNDLAND

## Getting lost in St. John's, a city that is literally full of beans

This is a city of storytellers. Writers, actors, musicians, even the cabbie who tells you the word "sex" is spelled out in the lights of the city — there are stories and the people who tell them everywhere you look.

In her award-winning novels and short stories, Lisa Moore has written beautifully about her hometown of St. John's — everything from describing the grit of a downtown alley in Alligator to her high school, Holy Heart of Mary, in her latest book, Flannery.

"I tend to write about the places I've been in a day and what I'm seeing," she says outside Fixed Coffee + Baking on Duckworth Street, a popular spot for actors, musicians and writers to fuel their creativity.

"I like to be in public places and capture how people shift and move and the expressions that come over their faces."

Walking down George St., the site of endless late-night stories, you'll hear the band at Rob Roy doing Springsteen, the fellas in Greensleeves belting out some Barenaked Ladies and the crowd over at O'Reilly's playing traditional music.

But keep walking if you want to catch local bands, such as Green and Gold, Fog Lake or Jonny and the Cowabungas playing at the bars tucked away in Holdsworth Court.

"It's a funny spot, it's not on George Street, technically," says Micah Brown, a musician and co-organizer of the Shed Island music festival held in August in St. John's. "If you didn't know it was there, you'd walk right past it, but on any given night there are a couple hundred people up in those bars listening to music."

But if you want to get "screeched-in" that is, kiss a cod and take a shot of rum,



**It's a great place for research, but don't tell anyone.**

Lisa Moore, author



The sun sets on George Street, but the live music plays on right through the night. CONTRIBUTED

you'll have to head to a bar on George Street.

"It's sort of like some consensual hazing. It's a fun tradition," explains Brown, a P.E.I. native who was screeched-in a few years ago.

"I like to think it started in a kitchen when somebody's cousin was visiting: 'Oh, Jeremy from Toronto is up here and if you wanna fit in, you gotta kiss a fish'."

Note that no Newfoundland

actually kisses a fish. They just watch as mainlanders do.

St. John's singer-songwriter Joanna Barker, meanwhile, grew up hearing the remarkable story of her great-great-great-grandfather, Michael Power. He was born in Ireland and as a young man he committed a crime of some sort.

"It could have been a bar brawl, could have been murder. We don't know," says Barker. "What we do know is this story."

The story is he was sentenced to life and sent to Australia. But on the way over, there was a fierce storm and somehow, Power saved the captain's wife from drowning. He was rewarded with a pardon. "He escaped a life sentence in prison and started a new life on Bell Island, Nfld.," says Barker.

Wondering about "Jellybean Row?" As a youngster, Geoff Meeker and his buddies would get hassled by the tough kids

who lived in the rough houses in downtown St. John's.

Those tough kids have moved on, replaced by tourists taking pictures of the brightly painted houses on steep streets — known as "Jellybean Row."

The nickname started in the 1980s, a decade or so after a heritage group started buying up a few run-down Victorian houses downtown.

"They fixed one up and gave it nice trim and painted it bright colours and bought the house next to it and did the same thing," says Meeker, the proprietor of Jellybean Row Shop and Gallery on Duckworth St.

The bright colours hearken back to earlier days when people who lived in the houses would use up their leftover boat paint.

"Boat paint was bright so it would stand out in the water and what was left would go on the houses," says Meeker. "It just started spreading by itself, like a cold. Everyone started doing it." TORSTAR NEWS SERVICE

The writer was a guest of Newfoundland and Labrador Tourism, who did not pay for or approve this story.



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MANITOBA

## The colourful, brief history of Lower Fort Garry

Lower Fort Garry stems from a time of fur traders and new partnerships between settlers and First Nations — a time when the adjacent Red River was an aquatic highway and a transportation hub.

Today, as a national historic site run by Parks Canada, it immerses visitors in the 1850s. There are wood and stone buildings, a blacksmith, an indigenous encampment, candle-makers, ox carts — all contained within the fort's remarkably intact stone walls.

Lower Fort Garry seemed like a good idea when it was built, but its heyday as a centre for trade was short-lived. It would later serve as an insane asylum and a penitentiary.

"It never really took off," Matthew Rothenberger, the site's interpretation co-ordinator, says inside the site's visitor's centre, which is tucked away out of sight from the fort itself — a move that helps preserve the area's historic feel.

"It was kind of caught in the middle of two other posts that were much more frequently used."

The fort was built as an alternative to the original Fort Garry in what is now Winnipeg, which



Originally a fur trade centre, the fort later served as an insane asylum and penitentiary. Today it is a national historical site.

THE CANADIAN PRESS

had been devastated by a great flood in 1826. Lower Fort Garry was more protected — it was on higher ground and built of stone, not wood. It was also some 30 kilometres downstream to the north, just beyond some rapids, making life easier for fur traders coming from the north.

But northern traders had other outposts, and people coming from the west along the busy Assiniboine River, which ended at Fort Garry, were largely reluctant to make the further trek to Lower Fort Garry.

Business at Lower Fort Garry

was good for a while, though, and it was also the site of a key moment in the history of the West.

On Aug. 3, 1871, the first treaty in Western Canada was signed at the fort — an agreement between the federal government and seven First Nations in the region.

Every day in the summer, visitors can see characters in historical costumes performing 19th-century tasks that were part of life at the fort. There are also workshops that allow visitors to take part in making everything from candles to chocolate.

THE CANADIAN PRESS

# Sweden is your oyster in Gothenburg

## SEAFOOD

## Former shipping town reinvents itself

**Vawn Himmelsbach**  
For Torstar News Service

Stepping into the fish market, I wish I had put more effort into my hair and makeup. Sure, people come here to buy fish — but this is Scandinavia. And as I'm discovering, they do things differently here.

Feskekorka literally means "fish church" in Swedish.

Built in 1874, this market was designed to look like a Norwegian stave church, with slanted eaves and arched windows — a testament to the importance of fishing in the port city of Gothenburg.

But stepping into feskekorka isn't exactly a trip back in time. With its clean lines and white-painted wood, it reflects the Scandinavian sense of modern, minimalist cool. There's no fishy smell. And it's as spic and span as a doctor's office.

Walking past the neatly ar-



Johan Malm is the chef and proprietor of Restaurant Gabriel, located in Gothenburg's stylish fish market, Feskekörka (which literally translates to fish church). Many of Sweden's best chefs hail from Gothenburg. CONTRIBUTED

ranged displays of salmon, mackerel, herring and bass to the end of the market hall, I climb a flight of stairs leading to Restaurant Gabriel. But there are no wrinkled, weathered fishermen here — instead, the place is run by young Swedes with

hipster beards and plenty of ink. And they're serious about their seafood.

This is where you can find the rare Swedish oyster. "It's a delicacy from the west coast but it's very hard to find," said foodie guide Jesper Adolfsson,

who runs a tour company called Matvandrigen (matvandrigen.se). "This is one of only two or three places where you can get it in Sweden."

Indeed, only about 400 oysters are harvested on the west coast of Sweden each week. The Klem-

## HAGA DISTRICT

In the Haga district and the blocks around pedestrian-friendly Magasinsgatan, you'll discover trendy Swedish brands alongside galleries, coffee bars and hidden nooks with popup lunchtime dance parties. Look for the "secret" Victoriapassagen, a lane between Vallgatan and Södra Larmgatan, where you can sample Sweden's best chocolate from Flickorna Kanold.

ming brothers, Bengt and Peter, run a diving company and are responsible for harvesting the oyster beds that lie on the privately owned sea floor between Hamburgsund and Stromstad. They supply about 80 to 90 per cent of Sweden's oysters, and most of them end up at Restaurant Gabriel.

Johan Malm, the restaurant's chef and proprietor, also happens to be the winner of the 2010 Galway World Oyster Opening Championships. At his restaurant, I sample one of these rare

flat oysters. I'm instructed not to swallow it whole, like I'm accustomed to — in Sweden, diners chew their oysters, and they don't add any toppings such as horseradish or a squeeze of lemon.

And I don't need any. After all, the seafood here is considered some of the best in the world, thanks to the clean, icy cold waters, where fish take longer to grow and develop fuller flavours.

The oyster goes down well with a thick, dark Ostronporter — a porter-style beer brewed with actual oysters (if you want to go really wild, try "black velvet," a mix of Ostronporter and Champagne).

The fish church — like the rest of Gothenburg — is a surprise. Sweden's second-largest city was once known for its shipyards, but that all came to a dramatic end in the '70s, when the shipping industry moved to China. The demise of its shipyards "left the riverbank deserted and empty and we have had to reinvent our identity," said Gothenburg guide Erika Svenske.

Vawn Himmelsbach was hosted by Eurail, which didn't review or approve this story.

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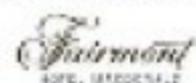
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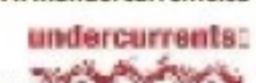
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**OTTAWA**

# metr<sup>o</sup> SPOT

The Los Angeles Kings named Anze Kopitar their new captain Thursday, taking the job away from longtime captain Dustin Brown

## MacDonald out for blood

UFC

### Canadian fighter in main event of Ottawa Fight Night

Rory (Red King) MacDonald's analysis of his UFC main event showdown Saturday night with Stephen (Wonderboy) Thompson managed to be both pithy and more than a little chilling.

"It's going to be a technical fight," the 26-year-old Canadian told reporters Thursday. "There will definitely be bloodshed."

MacDonald (18-3-0) knows of what he speaks. His last fight in July 2015 was a five-round bloodfest with 170-pound champion (Ruthless) Robbie Lawler that left the challenger looking like he had just put in a double-shift in a slaughterhouse.

His face was a bloody mask above a torso that resembled a crimson-spattered Jackson Pollock canvas. His nose was a far cry from what it had looked like just a half-hour previously. The battered champion, his lip sliced open like he had fallen into a table saw, didn't look much better.

Lawler eventually prevailed in what was deemed fight of the year, an honour that speaks volumes about the sport of mixed martial arts.

MacDonald, ranked No. 1 among welterweight contenders, and No. 2 Thompson are friendly, having spent time together some years ago when Thompson, a former world champion kickboxer,



Rory MacDonald, right, lost a bloody championship match to Robbie Lawler last July in Las Vegas. JOHN LOCHER/THE ASSOCIATED PRESS

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In all there are 10 Canadians on the 13-fight card at The Arena at TD Place. The show is sold out.

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### IN BRIEF

#### Storms suspend first round of U.S. Open

Storms that took plenty of bite out of Oakmont wound up shutting down the U.S. Open on Thursday.

The first round was suspended for the third and final time just as 28-year-old qualifier Andrew Landry was finishing up a dream round in his debut at golf's toughest test.



Andrew Landry  
GETTY IMAGES

Coming off two straight bogeys, Landry hit his approach into about 10 feet on the ninth hole for a birdie attempt when the horn sounded as a violent storm approached. He was in the lead at 3 under par.

THE ASSOCIATED PRESS

#### Baertschi scores two-year extension with Canucks

The Vancouver Canucks have signed forward Sven Baertschi to a two-year contract extension.

The contract will carry a value of \$1.7 million US in the first year and a value of \$2 million in the second year for an annual average value of \$1.85 million.

The 23-year-old, who was a first-round draft pick of the Calgary Flames in 2011, appeared in 69 games for the Canucks last season where he set career-highs in goals (15), assists (13) and points (28).

THE CANADIAN PRESS

competitors. Right now that takes precedent."

Or, as he put it another way: "I'm here to hurt this guy and take what's mine."

In the co-main event, lightweight contender Donald (Cowboy) Cerrone makes his second foray into the welterweight ranks to face Montreal's Patrick

(The Predator) Cote.

Cerrone, a thrill-seeker with a love for Budweiser, has enjoyed not having to deal with the stress of cutting weight. He said he ate his way around the Byward Market on Wednesday and planned to go bungee jumping after his workout Thursday.

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## SOCCER

# Germany held to 0-0 draw

Germany provided the first goalless draw, England earned the first comeback victory and Ukraine became the first team to be eliminated from the European Championship on Thursday.

World champions in Brazil two years ago and 2-0 winners over Ukraine on Sunday, Germany went into its Group C game

against Poland at the Stade de France as the clear favourites.

Instead, Germany was kept in check by a well-organized Poland side

that also had the best chance to break the deadlock in a dour game.

Arkadiusz Milik, who had scored Poland's winner against Northern Ireland on Sunday, misued a header as he fell to his knees in Germany's goalmouth and the ball bounced wide.

"We created few chances to

day," Germany coach Joachim Loew said. "We didn't increase the tempo and then nine of 10 Poles were behind the ball."

For a second match running, Gareth Bale scored with a long-range free kick to put Wales 1-0 up in a match. But unlike its opening-game win over Slovakia, this time there was only dis-

appointment after the break as England substitutes Jamie Vardy and Daniel Sturridge turned the match around for a 2-1 victory.

Northern Ireland later claimed its first tournament win in 34 years with a 2-0 win over Ukraine. With the loss, Ukraine is the first team in the tournament to be eliminated. THE ASSOCIATED PRESS

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Parcel B - NE 1/4 156.53 Acres (+/-) and includes a 7,960 ft<sup>2</sup> (+/-) house with attached 4 car garage, 5 bedrooms, 5.5 baths, games room, wine rooms and office. Beautiful southwest patio with elevated panoramic mountain views. Also has a 6,000 ft<sup>2</sup> (+/-) heated & insulated machine shop, a 2,240 ft<sup>2</sup> (+/-) heated & insulated Quonset hut and an outdoor tennis court.

Parcel C - SW 1/4 153.84 Acres (+/-) mainly pasture land with exceptional mountain views.

## II. THE RIVER RANCH LANDS

West 1/2 of 30;20;1;W5M and Acreage at 0514212;1;2  
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Parcel A - West 1/2 302 Acres (+/-) located directly on the Sheep River, with a 1,020 ft<sup>2</sup> (+/-) cabin constructed in 2012 with wood burning fireplace, 2 bedrooms, 2 baths, plus loft. Also includes a 1,200 ft<sup>2</sup> (+/-) heated & insulated machine shop, a 4,500 ft<sup>2</sup> (+/-) heated & insulated calving barn, plus other older out buildings, sheds & hay barn. Panoramic views overlooking Sheep River Valley, foothills & mountains, with natural springs throughout. The offer package will include a gravel assessment report.

Parcel B - 5.04 Acres (+/-) located within the NW 1/4 of 30;20;1;W5M and includes 1,440 ft<sup>2</sup> (+/-) house, with detached 832 ft<sup>2</sup> (+/-) double garage, 4 bedrooms, 3 baths, and fully developed basement. Panoramic views overlooking Sheep River Valley, foothills & mountains.

Anyone interested in submitting an offer to purchase any or all of the lands described above should contact Lexy R. Wong as set out below to obtain an offer package which will contain additional information about the lands and the terms and conditions which the Estate may consider when reviewing the offers.

All offers shall be submitted in writing in the form provided in the offer package and delivered no later than 12:00 p.m. MST (noon) on June 20, 2016 to the following:

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### DAILY TREAT



**Calgary metro**

**RECIPE** Apple Pie Pancakes

PHOTO: MAYA VISNEY

**Ceri Marsh & Laura Keogh**  
For Metro Canada

Celebrate the weekend with a dinner that's one part breakfast, one part dessert.

**Ready in**

Prep time: 15 mintues  
Cook time: 10 mintues

**Ingredients**

- 1 cup spelt flour
- 1 cup oat flour
- 2 tsps baking powder
- 1/2 tsp baking soda
- 2 Tbps brown sugar
- 1 tsp cinnamon
- 1/4 tsp nutmeg
- 1/4 tsp salt
- 1 cup buttermilk
- 1 cup milk
- 1 egg
- 1/4 cup applesauce
- 2 Tbps butter, melted
- 1 tsp vanilla extract
- 1 Gala apple, peeled and thinly sliced
- 2 Tbps butter
- 1 Tbps brown sugar
- 1/2 tsp cinnamon

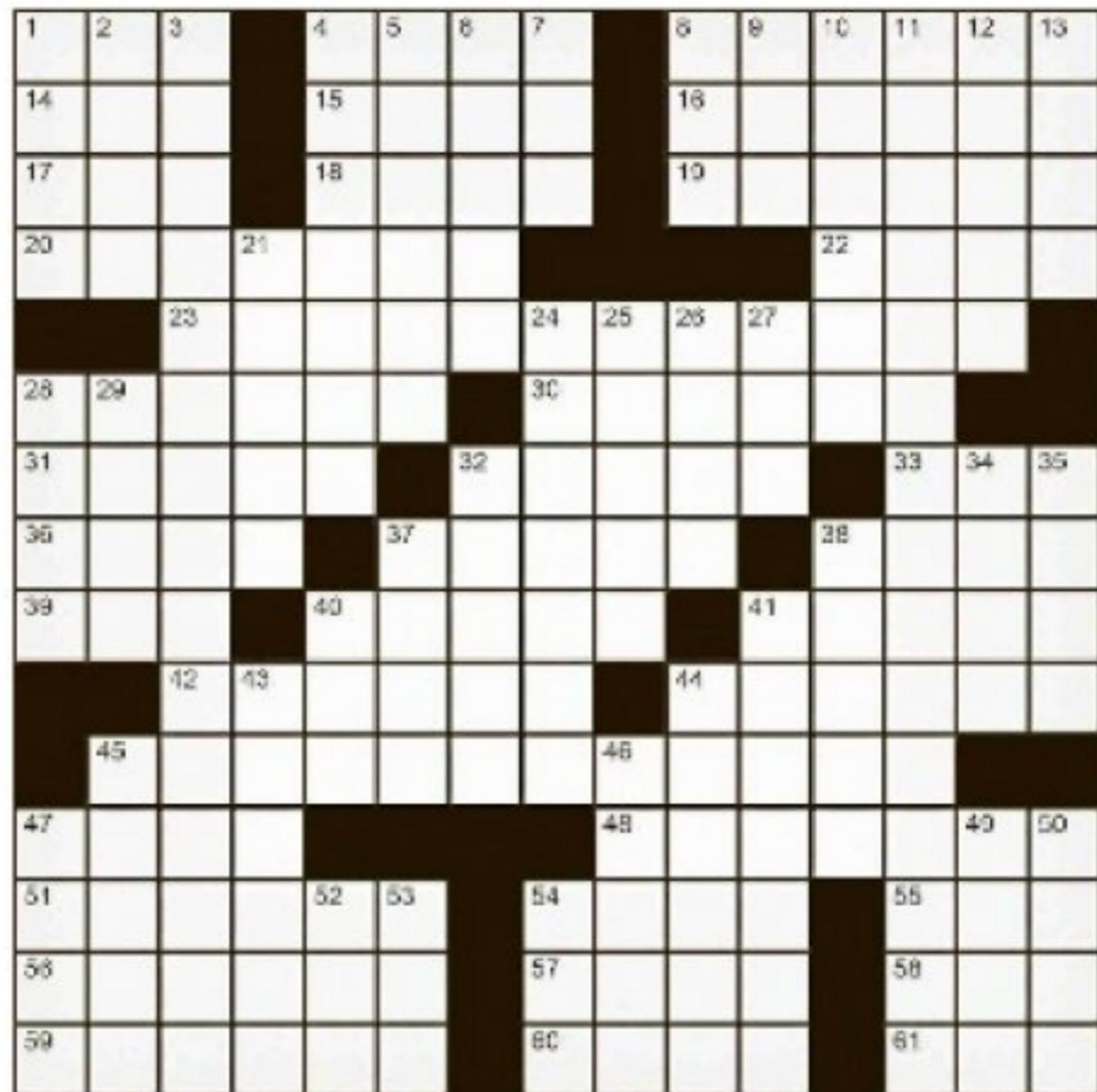
**Directions**

1. In a bowl, whisk flours, baking powder, soda, brown sugar, cinnamon, nutmeg and salt. In a separate bowl, whisk milk, buttermilk, egg, applesauce, butter and vanilla extract. Combine wet ingredients into flour mixture and stir. Let batter rest in refrigerator a few minutes.
2. Add a tablespoon of butter into a skillet over medium heat. Allow to melt and for pan to get hot. Working in batches, ladle batter into skillet and cook pancakes until bubbles appear on surface. Flip and cook another minute or two. Remove pancakes and keep warm in the oven. Repeat until you've used up the batter.
3. In a separate skillet, melt the butter over medium-low heat and mix in sugar. Add apples and sprinkle with cinnamon. Cook until apples are tender crisp, about 4 minutes. Serve the apple mixture over warm pancakes.

FOR MORE MEAL IDEAS, VISIT  
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**CROSSWORD** Canada Across and Down BY KELLY ANN BUCHANAN**ACROSS**

1. DreamWorks
4. Bullfighter's cloak
8. Deepresses
14. Jeff Lynne's gr.
15. Detail
16. Mr. Keitel
17. "Those details are a bit over the top for my ears!"
18. Canuck politician
19. Byword
20. Guts
22. Cleveland basket-ballers, briefly
23. R. Buckminster Fuller's architectural design for the U.S. Pavilion at Expo 67 in Montreal: 2 wds.
28. Lake edges
30. Principal dancer at the Paris Opera Ballet
31. Attach: 2 wds.
32. "Mr. Dressup" puppet
33. -Fi
36. Roads, e.g.
37. Canada's highest mountain
38. Fantastic, in slang
39. Oui, in English
40. Really on trend: 2 wds.
41. Barbarians
42. Sounded off
44. \_ House (Manitoba community originally an HBC trading post)
45. Made-in-England for Canada... John Atkinson, the manufacturer of the Hudson's Bay iconic Point Blanket, is a brand of what since-1783 British textiles company?:



- initials + surname  
47. Amer./Brit./Canuck rock supergr.  
48. Fugitive's refuge  
51. "Doogie" M.D.  
54. Business: 'Big Board', briefly  
55. Barn abode  
56. "Seinfeld" role  
57. Baltic Sea feeder

58. Faucet  
59. Car maker  
60. Rock's rug  
61. "Murder, \_\_\_ Wrote"

**DOWN**

1. Son of Ramses I
2. ...H, I, J, ...  
O, P, ...
57. Baltic Sea feeder

3. Not following the crowd: 4 wds.
4. French car manufacturer
5. Conflicting: 2 wds.
6. As such: 2 wds.
7. Ms. Adams
8. "Splash" (1984) actress ...her initials-
13. Thesaurus en-

- sharers  
9. 'Arbor' suffix  
10. "A Whiter Shade of Pale" by Harum  
11. Monty Hall of Winnipeg and Alex Trebek of Sudbury, e.g.: 4 wds.  
12. Raise  
13. Thesaurus en-

**CONCEPTIS SUDOKU** by Dave Green

Every row, column and box contains 1-9

7			1	
	3		2	6
1	4			8
9			4	2
			7	
8	3	5		6
			6	3
5		1	9	4
			3	1

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**\* IT'S ALL IN THE STARS** Your daily horoscope by Francis Drake

**Aries** March 21 - April 20  
Avoid important discussions about politics, religion or racial issues, because you're not in the right frame of mind for this. Someone can make you doubt your beliefs. (This is temporary.)

**Taurus** April 21 - May 21  
This is a poor day to discuss inheritances, shared property or details about insurance matters, because there might be confusion, or even deceit. Certainly, there is hesitation.

**Gemini** May 22 - June 21  
Avoid important discussions with partners and close friends, because even ordinary life details are confusing today. Someone might discourage you. Just accept this for today.

**Cancer** June 22 - July 23  
Don't make a big issue about anything at work today. Everyone, including you, is doing the best he or she can. But today, anybody's best is not enough.

**Leo** July 24 - Aug. 23  
Romance might disappoint you today. Something you thought was solid now looks shaky! Don't get your belly in a rash. This is a shaky day for everyone.

**Virgo** Aug. 24 - Sept. 23  
Things that you thought were solid and dependable at home now look uncertain. Don't worry, because this is a shaky time is temporary. Hold your ground.

**Libra** Sept. 24 - Oct. 23  
Quite likely, you have feelings of self doubt today. You might question your ability to do something. Don't worry — this feeling is temporary. (Millions feel this way today.)

**Scorpio** Oct. 24 - Nov. 22  
Avoid important financial decisions, because you might not have all the facts, or you're confused about what you hear and see. Easy does it. It's temporary.

**Sagittarius** Nov. 23 - Dec. 21  
Today your objectives are unclear; this is a fact. You might even feel incapable of coping with ordinary tasks. Don't worry, because this is par for the course today. Chill out.

**Capricorn** Dec. 22 - Jan. 20  
You might have a crisis of confidence today. Where you once felt strong, suddenly you're not so sure. Don't worry, because this is a fleeting dark cloud on your horizon. Trust me.

**Aquarius** Jan. 21 - Feb. 19  
Don't take it personally if a friend disappoints you today. (This person might be disappointed in you as well.) Basically, lots of people are disappointed today — it is what it is.

**Pisces**  
Feb. 20 - March 20  
This is a poor day for important discussions with bosses, parents, teachers and VIPs. You won't make a good impression. (The joke is that they are confused too! Go figure.)

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**YESTERDAY'S  
ANSWERS**

Your daily crossword and Sudoku answers from the play page.  
for more fun and games go to [metronews.ca/games](http://metronews.ca/games)

9	6	2	1	8	7	5	3	4
5	1	7	4	9	3	2	8	6
8	4	3	2	6	5	1	9	7
2	3	1	7	5	6	8	4	9
6	9	4	8	2	1	3	7	5
7	5	8	3	4	9	6	2	1
4	2	5	6	7	8	9	1	3
3	8	9	5	1	4	7	6	2
1	7	6	9	3	2	4	5	8

SLICE	SAUCE	DELI	COOK	BAKED	ROAST	SOUP	STEW	SHRIMP
MEAT	VEG	SPICE	HERB	ONION	LEMON	SPICE	HERB	ONION
CHICKEN	VEGETABLE	SPICE	HERB	ONION	LEMON	SPICE	HERB	ONION
CHICKEN	VEGETABLE	SPICE	HERB	ONION	LEMON	SPICE	HERB	ONION
CHICKEN	VEGETABLE	SPICE	HERB	ONION	LEMON	SPICE	HERB	ONION



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**JESUS NEVER FAILS**

At times situations and circumstances may look irredeemable; however, when Jesus steps in, the whole tide changes. Against all odds and pessimism regarding Lazarus's case, Jesus demonstrated His power as He cried loudly, "Lazarus, come out. The man who had died came out, his hands and feet bound with linen strips, and his face wrapped with a cloth. Jesus said to them, "Unbind him, and let him go" (John 11:43b-44 ESV). There is no problem that Jesus cannot handle; All you need is to have faith in Him.

For prayers and counseling call the pastor at 587.579.0145  
RCCG CHRIST EMBASSY CHURCH | [pastor@rcgchristembassy.org](mailto:pastor@rcgchristembassy.org)  
1101 2nd St NW, Calgary AB | [rcgchristembassy.org](http://rcgchristembassy.org)

# BIG 4

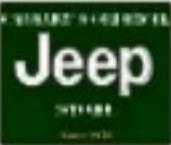
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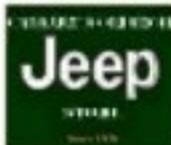


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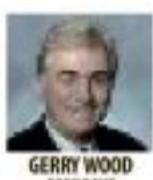
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SALES MANAGER  
19 YEARS



SCOTT CLAY  
5 YEARS



DAN MILLS  
21 YEARS



JOHAN DEDEUGD  
10 YEARS



HAN KIM  
24 YEARS



JOE CHIARIZIO  
48 YEARS



AARON SNOWIE  
8 YEARS



MICHAEL CYBULSKI  
10 YEARS



PHIL LAWRENCE  
22 YEARS



JOHN QUINLAN  
13 YEARS



BILLY MANSOUR  
1 YEAR



SCOTT SCHINNOUR  
5 YEARS



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RAY BURNETT  
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